

BBC

August 2018
DHS15 | QR15

goodfood

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Middle East

30 minutes or less

Quick & easy,
mouthwatering brunch
recipes to try at home

Brilliant brunches
INSIDE: your ultimate brunch bucket list for dining out in the UAE

Brunch for two

- Potted crab
- Bread-baked chicken salad
- Peach Melba sundae

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Summer brunches in Dubai • Bargain brunches • Family-friendly feasts • Evening brunch deals



SUMMER HOPS

FESTIVAL

Amwaj Rotana goes golden and fizzy all over this August with the Summer Hops Festival – the perfect time for an ice cold hops beverage!

Enjoy enticing dishes at JB's, Rosso and Benihana made with dark, golden and pale hops during this month, all recommended with the best hops beverage to be washed down with.

The menus include a succulent braised veal belly, a classic steak pie, tempura, teriyaki, and even tantalising sweet treats infused with the robust flavours of hops-soaked goodies.

Only at Amwaj Rotana...

For bookings, log on to rotanatimes.com/amwajrotana, call 04 428 2000 or email fb.amwaj@rotana.com.

Amwaj
Rotana

Jumeirah Beach – Dubai

Welcome to August!

Are you a lover of brunch? Well, this issue is just for you!

It's no secret that the UAE – Dubai in particular – has firmly secured a reputation of being the 'go to' destination for brunching. Differentiating itself from anywhere else in the world, brunch in the Middle East is somewhat of an institution. It's an event loved by both residents and tourists alike – and has the ladies planning their stunning 'brunch outfits' weeks in advance! It's big business, and we see more and more restaurants jumping on the bandwagon each year – each time bringing something new, innovative and exciting to the table.

From a la carte brunches, buffet brunches (or a mix of both), Friday brunches, Saturday brunches, evening brunches (drunch?) party brunches or casual brunches, there's a brunch to suit all occasions, preferences and budgets.

Inside you'll find a wide-range of options – all serving fine food in an enjoyable atmosphere. We have a great round-up of summer brunches, bargain brunches that won't break the bank, family-friendly brunches, evening brunches for those who like to sleep in on Fridays, Saturday brunches, plus brunches in the capital.

If you don't fancy leaving the house for brunch, try your hand at hosting one at home. We have a great selection of options including a brunch menu for two, brunch recipes that can be prepared in 30-minutes or less so that you're not stuck in the kitchen all day, plus a health-conscious brunch menu which proves that entertaining while staying on track is totally doable.

Now, all that's left to do is choose which brunch you want to try, gather your brunch crew, and let the weekend fun begin!

Happy brunching,



Sophie
Editor

WHAT WE'RE LOVING!



"For a light and healthy dinner option, try this roast side of salmon with chermoula," says sales executive, Liz.



Sales director, Michael says: "For a meal bursting with flavour, don't miss these Turkish lamb meatballs with bulgur pilaf!"



"This peach melba meets a knickerbocker glory and is seriously good. It's a great make-ahead dessert too", Froilan.



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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY

Emirates Printing Press LLC, Dubai

PUBLISHED BY



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Dubai, United Arab Emirates, PO Box 13700
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A publication licensed by Dubai Production City, DCCA

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www.cpimediagroup.com

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BBC Good Food ME magazine is published by CPI Media Group under licence from BBC Worldwide Limited, 101 Wood Lane, London W12 7FA.

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



INTRODUCING: *The Oberoi Beach Resort Al Zorah*

Enjoy peaceful, beachfront serenity without the hassle of airport travel at The Oberoi Beach Resort Al Zorah, located just a 25-minute drive from DKB. We venture to the newly opened property to discover culinary delights on offer. **By Sophie Voelzing**



A Zorah is a beautiful new destination. Known for its rich cultural heritage and rich ecological wealth, it's perfect for those seeking a relaxing and healthy vacation. The resort is located on a beautiful beachfront, offering a perfect blend of nature and luxury. The resort is a perfect blend of nature and luxury, offering a perfect blend of nature and luxury. The resort is a perfect blend of nature and luxury, offering a perfect blend of nature and luxury.

PHOTO: THE OBEROI GROUP

Gourmet Lifestyle Travel

A taste of The Oberoi Beach Resort Al Zorah

Quinoa salad with compressed mozzarella, corn and crisp

For the moment

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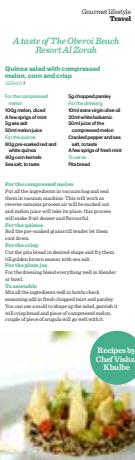
For the moment

Quinoa salad with compressed mozzarella, corn and crisp

For the moment

Quinoa salad with compressed mozzarella, corn and crisp

For the moment



Recipe by
The Oberoi Group



I love visiting bbcgoodfoodme.com for many reasons. It is the only place I go to find new restaurants I want to try here in Dubai. If I had to pick a favourite section, I would have to say my favourite is

'Foodie Travel: Local'. Being fairly new in Dubai (I've been here less than two years) it helps me find great hotels and spas to try out! My fiancé and I love doing staycations throughout the UAE so the Foodie Travel section is my go-to place for trusted reviews of hotels here in Dubai and Abu Dhabi. It's how I found Anantara The Palm, Dubai and we absolutely loved our stay there. And of course, whilst hanging by the pool I was reading my BBC Good Food ME magazine.

Victoria Cuccurullo



BBC Good Food ME, I love your reviews – whether it be a simple staycation review or a restaurant review, they always give me ideas on how to enjoy my time in the UAE for both work and leisure. I'm not able to travel a lot because of my full-time job, which only allows me to go out of the country once per year – but you've proved that we don't need to leave the UAE to have a holiday as there is plenty to see and eat here. Much love!

Kristen Karla Dela Cruz

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: www.tavolashop.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



M&S Café opens at the Springs Souk

Much-loved British brand, Marks & Spencer has opened its second stand-alone food store and M&S Café in Dubai at the newly opened Springs Souk, located between The Meadows and The Springs.

The food store, which will stock the same range as other M&S food stores in Dubai, will provide convenient meal-ideas, kitchen cupboard essentials, quintessentially British foods, delicious bakery items, and chilled and frozen favourites. Also on shelves at the new food store are Marks & Spencer's food gift hampers. From indulgent Belgian Chocolate gift bags to Swiss Chocolate assortments and even gluten-free delights, these hampers are great for Eid gifting this month.

The Springs community can now also enjoy the M&S Café, serving a variety of meals, from healthy smoothies, to an extensive selection of soups, salads, sandwiches and pastas, as well as British classics such as 'fish and chips' and Afternoon Tea.

The new food store complements Marks & Spencer's 30 stores across the Gulf and online presence via marksandspencerme.com.



Summer restaurant savings

This summer, 'U By Emaar', the customer rewards programme by Emaar, is offering savings of up to 35% at all restaurants, spas and leisure attractions under the Emaar Entertainment brand across UAE until September 30. All 'U By Emaar' members get an instant discount of 25% across all participating F&B, spas and selected entertainment venues under Emaar in addition to earning up to 10% off their spend back in Upoints.

If you are not a member you can enroll into the program at ubyemaar.com by clicking Join Now. Membership to 'U By Emaar' is also offered directly through any of the assets of Emaar Hospitality Group or Emaar Entertainment. Once enrolled, members start to earn Upoints at participating venues on hotel stays, dining out or entertainment experiences. 'U By Emaar' call-centre operates from 9am to 9pm, seven days a week, and can be reached on +9714 567 2000 or customerservice@ubyemaar.com.

THE BEST BITES



Massimo Bottura to open restaurant at W Dubai – The Palm

Chef Massimo Bottura, the creative mastermind behind three Michelin-starred Osteria Francescana – the world's number one restaurant on The World's 50 Best Restaurants List this year, has revealed that he'll be opening 'Torno Subito' at W Dubai – The Palm.

Massimo will hit escape by taking guests on a journey back to 1960s Italy, where the vibe is sophisticated and social, but laidback. Torno Subito will have a true Italian soul whilst being fun at heart. Open for lunch and dinner, enjoy a meal indoors, on the terrace, on the beach or order a pedalo picnic to enjoy in the lagoon, whilst being on the look-out for chef Bottura's quirky, roaming gelato cart.

An opening date is still yet to be announced, however, we'll be sure to let you know once we hear!

New whole wheat pasta range launched in the Middle East



Italian pasta brand, Barilla has launched a new whole wheat pasta range in the Middle East. Made of 100% whole wheat, Barilla's whole wheat pasta serves as an excellent source for fibre as it provides 6g of fibre per serving, which is three times the fibre in traditional pasta.

Made with non-GMO ingredients, the pasta

range comes in six different options which include fusilli, pennette rigate, spaghetti, farfalle, coquillettes, and tortiglioni – and stays true to the Italian company's promise of providing great taste and quality to Italian flavours. The new pasta line compliments well with the range of Barilla's existing sauces, which are all gluten-free, making it a complete, healthy Italian meal.

The pasta brand also offers other options such as the 100% durum wheat and the gluten-free pasta range that suit different consumer dietary lifestyles.

Get 20% off your next sushi delivery



Throughout summer, Sumo Sushi & Bento is offering a 20% discount on delivery orders from its Dubai Media City and JLT outlets. From delicious starters to main courses, guests can avail this limited offer on all menu items.

Log on to sumosushibento.com anytime between 3-6 pm, select from the menu and use the promo codes, SUMOTOGO20 for JLT and SUMONOW20 for Dubai Media City to get a 20% discount on deliveries. You can also call 800-7866 to avail the offer.



NEW NEIGHBOURHOOD ICE CREAM TRUCK

Beat the summer heat with free ice cream this month, as Dubai Parks and Resorts' roaming ice cream van visits neighbourhoods across Dubai, Abu Dhabi and Al Ain until August 13.

To check if the ice cream van is coming to a neighbourhood near you, visit Dubai Parks and Resorts Facebook and Instagram pages for more details. Also, snap a selfie with the ice cream van using the hashtag #DPRiceCreamTruck and stand the chance to enter a raffle draw to win four tickets to the destination's four theme parks. Visit dubaiparksandresorts.com.

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

▀ Babel, La Mer

Serving high-end Lebanese cuisine and seafood specialities, fully licensed Babel has opened doors at a waterfront spot at La Mer. Inside Babel expect an intimate, fine dining environment, where unconventional hot and cold mezza, progressive poultry based and seafood dishes are on offer. The restaurant extends over two levels of different indoor and outdoor spaces, including a spacious terrace section. The vibrant ambiance and Middle Eastern hospitality at Babel marry striking architecture that features sandstone walls and arches, paired with grand seating areas. Call 04-4190220.

▀ Aghatti, La Mer

Aghatti restaurant recently opened at La Mer to serve Iraqi dishes in a modern, fine dining atmosphere. Following this opening, Binghatti Hospitality revealed that it will also continue to expand the Aghatti brand with the opening of seven branches across the UAE over the next two years. In addition to Iraqi dishes, Aghatti restaurants serve up a range of dishes, salads, appetizers, beverages, pastries, cakes and desserts embodying Middle Eastern delicacies. In an initiative to give back to society, Binghatti Hospitality is offering exclusive discounts to the UAE's military, police, and students in Aghatti restaurants, in support and appreciation. Call 04-3855595.

▀ Café Bateel, Mall of the Emirates

Serving fresh Mediterranean cuisine, Café Bateel opened its newest outlet at Mall of the Emirates last month on the ground floor opposite H&M's store. The latest outlet offers a new format, with a succinct menu showcasing a selection of Bateel's premium gourmet dishes, ideal for a quick and satisfying refuel, to revitalise any shopping trip.



Babel, La Mer

Text by SOPHIE VOELZING | Photographs SUPPLIED

SOBO, Courtyard by Marriott Dubai Green Community

Over the hotter months Courtyard by Marriott has a rustic, chic new indoor edition of their poolside club SOBO. Catch some sunshade at SOBO, and then pop outside to get your tan on with free access to their temperature-controlled refreshing outdoor pool when you order any item of the menu. Favourites include the refreshing watermelon salad and the freshly grilled meats and seafood.

Visually pleasing and warm, the restaurant has a mixture of high and low seating and a dedicated bar area - great for catching up with friends over drinks or a solo lunch while digging into a book. The venue is also able to host lunch meetings in the relaxed setting - which is good for brainstorm sessions. During the day with views of the pool and lake, natural light fills the venue and in the evenings, the venue switches to warmer, mood lighting.

SOBO is open daily from 12pm to 1am, serving up a combination of Arabic flavours with dishes designed for sharing and socialising, reflecting a true family-style kitchen.

For more information, call +9714 885 2222 or visit marriottdiningatcy.ae.



The Lounge, Address Boulevard



A new art crafted Afternoon Tea experience has launched at The Lounge. Enjoy four indulgent layers of sweet and savoury delights such as edible plastic-wrapped candy, mini burrata and chocolate caviar, all placed in a playful chest of drawers set atop your table. Priced at Dhs166 for two persons inclusive of a choice of coffee or tea, Afternoon Tea is available every day between 2.30pm and 6pm. Call 04-8883444 or e-mail dine@emaar.com.



Butcha Steakhouse & Grill, The Beach at JBR

This summer, Butcha Steakhouse & Grill will offer a daily special called 'The Hunting Hour'. From 4pm to 6pm every day, enjoy a mix-and-match selection of signature dishes at prices starting as low as Dhs8. The Hunting Hour menu includes a wide variety of meats and cuts, such as lokum-style tenderloin, merguez sausage, chargrilled kofta, spicy sucuk, lamb chops, chicken shish and spaghetti-style Australian striploin. Call 04-5530684.

Couqley, JLT

If you're looking for a dish that's packed with flavour and refreshingly light to enjoy this summer, head to the JLT-based Fresh bistro, Couqley to try its new dish of 'tartare trio'. Priced at Dhs113, the new item on the menu is made up fresh Scottish salmon finely chopped, infused with fine herbs and topped with thin potato chips, marinated top-grade tuna façon asiatique with sesame seeds, scallions, fresh herbs, topped with leek tempura crisps, and lastly sea bass marinated in a delicate lemon vanilla dressing with mango, tomato, shallots, fresh herbs and topped with thin beetroot chips. If you fancy only one, single dishes of each are also available at Dhs97 each. Call 04-5149339. Couqley is also available on Deliveroo.



Trader Vic's, Hilton Dubai Jumeirah

Trader Vic's JBR, the Polynesian venue at Hilton Jumeirah Beach that has sea-facing views, thematically detailed interior design, and features the restaurant's famed signature food, Tiki cocktails and live music, has an unmissable offer starting from August 5. Every Sunday, the 'sharing Sundays' offer will see a three-course meal offered for Dhs195 per person. For appetisers, there is a choice of the tidbits platter, a selection of peri-peri chicken, vegetarian spring rolls, and beef cho cho; BBQ chicken salad; or mouth-watering vegetable tempura. The main course includes Trader Vic's favourites, such as duck and rice; seafood chow mein; and red Thai vegetable curry. To finish, the 'Grand Dessert' will offer a shared selection of banana fitters, walnut brownie and a passion fruit cheesecake. Call 04-3182530.

MUST-TRY BRUNCHES IN DUBAI

From summer brunches and bargain brunches, to child-friendly options and evening brunches – this round-up has all your brunching needs covered.

SUMMER BRUNCHES

These indoor venues are perfect for escaping the heat



Churrasco Brunch at Fogo de Chão, Central Park Towers

Find two brunch packages available at the Fogo Churrasco Brazilian Brunch – both will include

Fogo de Chão's signature selection of premium cuts of meat carved tableside by Brazilian trained gaucho chefs, and refreshing mocktails such as the Classic Paraso and Raspberry Búzios, as well as water, soft drinks, and a selection of teas and coffees. The Fogo churrasco brunch experience with house beverages also includes signature cocktails such as the Fogo speciality, the Caipirinha, and international classics such as the mojito, a selection of red, white and sparkling grape from Fogo's wine list, along with homemade sangria. Guests choosing either brunch package can also indulge in Brazilian-inspired desserts along with traditional favourites after dinner at the Fogo dessert station. **The details:** Every Friday from 12pm to 4pm. Priced at Dhs299 with soft drinks and Dhs439 with house beverages and cocktails. **Contact:** Call 04 343 8867 or visit fogodechao.com.



Sky High Brunch at The Observatory Bar & Grill, Dubai Marriott Harbour Hotel & Suites

Fancy a brunch high above the city? Dubai's coastal views and Marina's enticing skyline are paired with the ultimate spread of dishes, varying from live stations offering juicy meats and fresh seafood to delicious concoctions of creative blends, sure to tantalise your palate.

The details: Every Friday from 12.30pm to 3.30pm. Priced at Dhs450 per person including selected beverages.

Contact: Call +971 4 319 4000, e-mail eatatharbour@marriott.com or visit marriottharbourdubaidining.com.



Mediterranean Brunch at Galvin Dubai, City Walk

Galvin Dubai, the newly-opened restaurant and bar from Michelin-starred chef brothers Chris and Jeff Galvin, has brought back its refreshed culinary experience in the form of a carefully crafted 4-course Mediterranean brunch menu. Taking place every Friday from 12pm to 4pm, brunch at Galvin Dubai is a seated affair with dishes served to the table. Enjoy dishes like pressed chicken terrine with sauce gribiche, burrata with Sicilian caponata and sourdough, or braised lamb shoulder served with a topping of harissa pomme puree and broccolini. Seafood lovers will especially like the sea bass carpaccio and a selection of fritto misto, fried oyster, baby calamari, soft shell crab – plus more.

The details: Brunch is priced at Dhs325 with soft beverages and Dhs450 with premium beverages. Brunch happy hour follows in the bar from 8pm to 8pm with 50% off selected beverages.

Contact: See galvindubai.com.



Eid-Al Adha brunches at Ewaan at Palace Downtown

The Arabesque appeal of Palace Downtown comes alive with the taste of traditional cuisine at Ewaan. The restaurant is a maze of tall Arabic-inspired archways, private dining coves and expansive terrace, with pool and garden views. Ewaan welcomes you to celebrate Eid Al Adha with family and friends offering a generous

buffet combined with exceptional hospitality.

The details: Taking place the first two days of Eid Al Adha.

Price: EID Brunch on Friday, 24 August from 1pm to 4.30pm, starting from Dhs345 per person; EID Dinner for 21-24 August from 7pm to 11.30pm, priced at Dhs255 per person inclusive of soft beverages; EID Lunch on 21-23 August from 12.30pm to 3.30pm, priced at Dhs223 per person inclusive of soft beverages.

Contact: Call +971 4 888 3444 or email dine@emaar.ae or visit palacehotels.com.



Dim Sum Disco Brunch at Maiden Shanghai, FIVE Palm Jumeirah

A brand new brunch has launched at Maiden Shanghai, in collaboration with the global party brand behind Candypants Brunch comes 'Dim Sum Disco' and 'Drunch Disco'. The high-energy Dim Sum Disco, which takes place 1pm to 4pm every Friday, offers guests a sharing style contemporary Chinese menu served a la carte. The menu features a range of reimagined and MSG-free dishes, including Chef Bing's crispy prawn and seabass roll and organic Kung Pao chicken.

The details: Every Friday from 1pm to 4pm (including karaoke timeslots), brunch is priced at Dhs395 with free-flowing house bubbles, house beverages and selected signature cocktails. You can keep the party going by opting for the additional Drunch Disco package from 4pm to 8pm. The disco continues into the early evening with a three-drink package for Dhs100.

Contact: 04 455 9989



The Reserve Brunch at Masti, La Mer

Masti's 'The Reserve Brunch' is now available on Friday and Saturday for the ultimate weekend of ferocious fun. The gastronomic celebration with playful and eccentric surprises, offers a fierce weekend social and a menu that infuses modern with tradition and colour with flavour. Panoramic views of the Arabian Gulf provide a great backdrop as the live DJ's eclectic mix sets the vibe for an afternoon of mischief. Delighting and enticing activations will see revelers reveal their inner animal, as guests are treated to a choice of Masti's alternatively tempting cocktails or bespoke concoctions from the distinctive gin trolley.

The details: Every Friday and Saturday from 12.30pm to 4.30pm, or 2pm to 6pm. Priced at Dhs325 with soft drinks or Dhs425 with house beverages.

Contact: Call 04-3444384, e-mail info@mastidubai.com or visit mastidubai.com.

Dare to Brunch at STK Dubai Downtown, Address Downtown

The newly-opened STK Dubai Downtown has launched its Friday brunch that promises to offer a sophisticated afternoon filled with mouthwatering dishes, free-flowing beverages, a



vibrant atmosphere and only the best beats. High-energy with a classic edge, Dare to Brunch serves up a range of international favourites, including burrata, oysters, spicy tamarind glazed prawns and beef tartare to start, followed by a choice of USDA Prime Fillet 200g, USDA Prime Striploin 250g, roasted salmon or butternut squash penne for your

main courses – not forgetting sides and dessert, along with a great mix of house and RnB music.

The details: Every Friday from 1pm to 4pm. Priced at Dhs349 with soft beverages or Dhs499 with house beverages.

Contact: E-mail reservations@stkDubaidowntown.com or call 04 425 3948.

Artisan Brunch at Intersect by Lexus, DIFC

This summer, brunch guests at Intersect by Lexus can enjoy a complimentary upgrade to their selected brunch package. Every Friday and Wednesday, guests of the lavish Dubai concept are



invited to delve in an unparalleled culinary experience inspired by the distinguished Tokyo model. The journey commences with a selection of salads, including the smoked chicken salad dressed with kohlrabi and delicate honey lime dressing. A highlight from the starter's course includes baby squid with sweet corn and herbed black puffed rice. For mains, opt for grilled octopus with tomato and romesco sauce

other or the Intersect gyoza, plus much more. Conclude the gourmet brunch and delight in a series of homemade desserts including cheesecake finished with pear compote.

The details: Brunch takes place on Friday from 1pm to 4pm, or Wednesday evenings from 7pm to 10pm. This summer, the soft drinks package upgraded to house beverage package is priced at Dhs175, and the house beverage package upgraded to bubbles package is priced at Dhs225.

Contact: Visit intersectbylexus.ae, e-mail reservations@intersectbylexus.ae or call +97143559524.

BARGAIN BRUNCHES

Fantastic options that won't break the bank



ITIS Brunch at The Blacksmith, Wyndham Dubai Marina

Located within the Wyndham Dubai Marina, The Blacksmith Smokehouse serves mouthwatering meats and craft cocktails. According to The Blacksmith, its smokehouse classics will have you coming back for more of their deliciously over-sized portions again and

again. The Blacksmith's custom-built smoker is fired-up daily and begins flavouring succulent cuts of meat long before sunrise – as real aficionados know an authentic southern smoked taste takes at least 12 hours.

The details: Every Friday from 1pm till 4pm. Priced at Dhs219 (soft drinks) and Dhs299 (house beverages), and Dhs479 (sparkling). An after brunch deal follows from 4pm till 6pm at Dhs159 per person for two-hours of unlimited beverages.

Contact: Call +971 4 407 8873, or e-mail info@theblacksmithdubai.com.



The Brunch Affair at Barbary, TRYP by Wyndham

The Brunch Affair is a Sumptuous Feast with Unlimited Beverage for Only AED 299 per person. Perfect for those on a quest to find the ultimate antidote for the night before and who wish to keep the weekend going. BARBARY is sweetening the deal for the first 10 guests who walk through the doors with an upgraded package that includes bubbles for the cost of the regular beverage package. This better be your cheat day because there are seven different mains to choose from to suit your mood, from Full English Breakfast with Proper Sausages, to Buttermilk Pancakes. BARBARY takes their signature Build-a-Bary very seriously at Brunch, even going as far as letting you customize your own crazy drink. You can also keep it fresh with flavorsome elixirs, such as the Signature Mimosa with a 100% Pure Orange flavored Popsicle to keep you cool.

The details: Every Friday and Saturday from 12pm to 5pm. Priced at Dhs299 for food and house beverages.

Contact: Call +971 04 247 6688 or visit barbary.ae.



The Fresh Fix at Dunes Café, Shangri-La Hotel, Dubai

Enjoy brunch the real way and go back to basics every Friday at Dunes Café. Nourish your body and mind with a medley of nutritious, wholesome and healthy dishes made with the freshest ingredients, from healing chia bowls to our nutty homemade granola. During brunch you can also indulge in a little retail therapy with a variety of artisanal stalls.

The details: Every Friday from 12.30pm to 4pm. Priced at Dhs195 (food only), Dhs235 (soft beverages), and Dhs350 (house beverages).

Contact: 04-4052703 or e-mail f&breservations.sldb@shangri-la.com.



Nineteen, Address Montgomerie

Revel in a fresh Mediterranean spread surrounded by chic interiors and unrivalled views of the golf course as Nineteen relaunches a delicious new menu at its Friday Mediterranean Brunch. Taking place every Friday from 12.30pm until 3.30pm, brunch is priced at Dhs290 per person including soft beverages and Dhs380 per person including house beverages. Call 04-3905600 or e-mail dine@theaddress.com.

FAMILY-FRIENDLY BRUNCHES

These brunches are perfect for the whole family



Friday Brunch at Feast, Sheraton Grand

Located within the Brunch returns to Feast with a bang from September 7 onwards with local band VA that will play at the venue each weekend, sharing the fusion of classic renditions and making the fun, family-friendly vibe even livelier for all. Youngsters will be entertained in the Little Explorers' Corner, and the tasty, expertly prepared fare for under-12s is specially tailored to smaller tummies.

Meanwhile, the grown-ups can enjoy making their own martinis and mojitos, along with other customised beverages with the help of expert bar staff. A fun, interactive experience, the mixology lab is available free of charge at the weekly event, at which guests can indulge in many international culinary delights. **The details:** Every Friday from September 7 onwards, at 1pm till 4pm. Brunch is priced at Dhs325 (soft drinks), Dhs425 (house beverages), and Dhs595 (bubbly).

Contact: Visit feastrestaurantdubai.com/en/brunch, e-mail 03731.feast@sheraton.com or call +971 4 503 4309.



Brunch at Bread Street Kitchen at Atlantis, the Palm

At Gordon Ramsay's Bread Street Kitchen, expect to find great British food – perfect for the whole family. In a laid-back setting, dig into dishes like mini Yorkshire puddings with roast beef and gravy, or why not try chef Ramsay's famed beef wellington? There's plenty of entertainment for the children including the

likes of face painting and a free trip inside The Lost Chambers Aquarium, for some post-brunch fun.

The details: Every Friday from 12.30pm to 4pm. Priced at Dhs240 (soft drinks), Dhs355 (house beverages), Dhs105 per child (includes free entry to The Lost Chambers Aquarium).

Contact: 04 426 2000

Füme, Pier 7



This brunch is such a great option for those with little ones. Combining great food with a lively atmosphere and a specially crafted kids menu, brunch here offers spread that includes everything from chops to chips,

briskets to burgers, pastas to parmigiana and much more. Specialties include calamari with sweet chili sauce, feta & watermelon salad, lamb chops, Angus beef burger, pappardelle meat balls, all accompanied by desserts and beverages. If you are always on the look-out for a relaxed family spot to spend a lovely laid-back Friday afternoon with great food and classic jazz tunes; look no further – Fümé offers an ideal deal for both kids and adults.

The details: Every Friday from 12pm to 4pm. Priced at Dhs199 with house beverages. Brunch is priced at Dhs30 per child. Talk about great value!

Contact: Call 04 4215669.

Social Friday Brunch at Brothaus Bakery-Bistro, Steigenberger Hotel



Are you looking for a new place to brunch this summer? Then look no further as Dubai's popular German bakery-bistro Brothaus have announced their new weekend brunch for all foodies in the

region. Launching on August 3, the casual, chilled out Berlin vibe is met with an array of delicious, traditional breakfast and lunch options making it the perfect Friday social spot to graze with friends and family.

Begin with fresh foods from the summer market counters, featuring tasty muesli, yoghurts and granola, freshly baked breads, European cold cuts and cheeses, pretzels and savory options. Be sure to leave some space for one of one of twelve main courses - like a pan seared salmon with avocado or baked käsespätzle. Then, if you still have room for something sweet, the homemade apple strudel will finish the job in style.

The details: Every Friday from 10.30am – 3pm. Packages on offer include: 'The Full Frankfurt' for Dhs145 with a starter buffet, main course of choice, one coffee or tea, juice counter. 'Half A Hamburg' for Dhs75 with a starters buffet, one coffee or tea, juice counter. The children's menu is priced at Dhs45 with individual dishes for the little ones. An add-on drinks package is available for Dhs100 for any four alcoholic house beverages. Children under the age of six eat for free.

Contact: Visit dubai.steigenberger.com or call 04 369 0000.

EVENING BRUNCHES

For those who like to sleep in on the weekends



Thursday & Friday Evening Brunch at Via Veneto, Manzil Hotel

If you love pizza and you love prosecco, head to Via Veneto's newly launched Thursday and Friday evening brunch from 7pm – 10pm. Enjoy a relaxed Italian atmosphere with an unlimited supply of pizza and prosecco. Three options to choose from include the 'fiery pizza', a spicy option

with tomato sauce and a selection of mixed chillies. Next there's the 'cacio e pepe pizza', a pizza topped with a base layer of ice cubes to make the base wet and soggy to stick the Pecorino cheese on the top. Ending on a sweet note, enjoy the 'flaming tiramisu pizza' with Mascarpone cheese, Nutella chocolate, and espresso coffee powder.

The details: Every Thursday and Friday evening from 7pm to 10pm. Priced at Dhs149 for ladies and Dhs199 for men,

Contact: Visit viaveneto.ae



Late Brunch at WAKA Restaurant & Bar, The Oberoi Dubai

Enjoy the best of Latin American cuisine at WAKA Restaurant & Bar's Late Brunch that takes place every Friday from 8pm – 11.30pm with packages inclusive of fantastic food,

beverage and entertainment. Waka is the latest addition to the growing number of restaurants in Dubai serving Nikkei (Japanese-Peruvian fusion food).

At Waka's new Friday Late Brunch, there's an a la carte menu, alongside buffet options for main course. All dishes on the a la carte menu can be ordered an unlimited amount, there's wakamole (the restaurant's take on traditional guacamole), sizzling chicken anticucho served straight to the table and plenty of different types of maki. For main course there's a tasty 'cazuela de lubina' (sea bass, Peruvian dry potato, aji, cheese and black mint) that's well worth a try. The buffet bar keeps it simple, with four options: del Mercado ceviche, sansei tuna ceviche, corn salad and a mixed salad.

The details: Every Friday from 8pm – 11.30pm. Priced at Dhs285 with food and soft drinks, Dhs375 for food and house beverages, Dhs550 for food and premium beverages, Dhs200 for house beverages only and Dhs400 for premium beverages only.

Contact: Call 04-4441455 or e-mail reservations@waka.ae.

SATURDAY BRUNCHES

Missed brunch on Friday? No worries – there's always Saturday



Lazy Grazing Feast at GRAZE, La Ville Hotel & Suites

Spend every Saturday with your friends and family and enjoy Dubai's most flexible and relaxed brunch.

GRAZE, known for its prime cuts, has recently revamped the menu adding new culinary experiences. With an option of choosing any three-hour period between 1pm and 6pm, guests can share a

delicious selection of unique meat and seafood dishes in the restaurant's urban chic surroundings.

The details: Every Saturday, choose to start your three-hour package anytime from 1pm to 6pm. Priced at Dhs199 per person with unlimited food and soft beverages, Dhs299 per person for a crafted selection of grape and hops, Dhs399 per person for a crafted selection of premium beverages.

Details: Call +971 54 309 5948 or 04 403 3111, e-mail laville.dining@autographhotels.com or visit grazelaville.com.



Saturday Parisian Brunch at La Cantine du Faubourg, Jumeirah Emirates Towers

Every Saturday from 12noon to 4pm, at the elegant modern Parisian destination at Jumeirah Emirates Towers, La Cantine du Faubourg serves up brunch. In a relaxed atmosphere, the bright and sunny venue lets natural light come in through its glassed pergola. La Cantine du Faubourg turns into a Parisian bedroom with a bed centre stage, clocks on the tables, menus in the shape of newspapers, and staff wearing silk robes and pyjamas. Enjoy pastries, eggs dishes, signature dishes and sweets all brought to the table, allowing the conversation and laughter with friends to flow.

The details: Every Saturday from 12pm to 4pm. Priced at Dhs265 with mocktails, fresh juices, soft drinks and hot beverages, Dhs400 with house beverages added on and Dhs550 with bubbly.

Contact: E-mail info@lacantine.com or call +971 555377495.



AUTHENTIC BUTTER

A SOURCE OF PLEASURE



*White, yellow, tender, smooth, soft, flavored, salted...
Butter takes many forms, textures, colors and flavors.
How can you tell the difference and how do you choose the best one?*

FIRST THINGS FIRST, WHAT IS BUTTER?

Butter is the milk fat obtained by beating the cream pulled from milk. It consists, according to the regulations, of a minimum of 82 % of fats of dairy origin and of a maximum of 16 % of water in the form of droplets.

NOT ALL BUTTER ARE CREATED EQUAL

The best butter takes time to make. In Europe, the process of making butter is comprised of seven stages from milking, to the dairy to the packaging. Above all, it is necessary to respect the time of maturation, of churning, of kneading. The time spent is what gives added value to the product: the taste, the aroma, the texture.

So of course you will have understood: origin is one of the most important factors when choosing butter. European butter is an entirely natural product in its pure state. Making 1kg of butter requires 22 liters of milk. And that's it! By law, in France, only salt can then be added, to obtain a salted butter. It has been made the same way for thousands of years and is still as smooth, soft, and delicious as it always has been. Even through the ages, it has remained a natural and traditional product, an emblem of European agriculture and gastronomic cultures. Embedded in regional products and ancestral expertise, it is the benchmark product of pleasure and gastronomy.

DID YOU KNOW?

European Butter
*is 100% natural: solely
containing cream, milk and
ferments.*

European Butter
*is a traditional product, an
emblem of European agriculture
and gastronomic cultures.*

European Butter
*Can be yellow as a result of the
grass which the cows eat*



BUTTER: COOK IT OR SPREAD IT!

Butter is a food, much more than a mere ingredient, and it reveals numerous flavors. It fits into elaborate dishes and simple recipes alike. Nowadays, we readily place it at the table, at the forefront, as we would do a noble product. Butter, an essential ingredient for new culinary trends, is an ever-renewed source of inspiration.

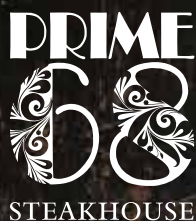
BUTTER, OIL, MARGARINE: WHICH ONE HAS THE HIGHEST FAT CONTENT?

Butter and margarine have the same fat content: 82%. Butter is animal-derived, from cow's milk; and margarine is from vegetable origin, from sunflower seeds. However, oil (regardless of its type or origin) has a 100% fat content.

WHITE BUTTER, YELLOW BUTTER, WHAT'S THE DIFFERENCE?

Be it yellow or white, butter contains 82% of fat. The yellow color is the result of beta-carotene, which is naturally found in milk and transforms into vitamin A in the body. Beta-carotene is found in grass fed cows: the more grass a cow eats, the more likely the butter will be yellow in colour. Consequently, butter is stronger in colour during spring, as cows eat fresh grass. Summer butter is also richer in vitamin D: it is synthesized by the cow when it is exposed to the sun, which in turn is found in the milk and the butter. In Europe, cows eat grass in the meadow, that's why you can find both white and yellow European butter!

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Dry Aged vs Old Aged

BECAUSE MATURITY DOESN'T ALWAYS COME WITH AGE...



Discover the delicious 21-day beef aging program from our exclusive dry ager. This process provides meat with a unique taste, intensifying the flavour and characteristic of the beef. Trust us, you'll become a fan of the aged, dry aged that is.

Every Monday, from 7pm to midnight

AED 750 for 2 people, including a 1kg Australian Gras Fed Tomahawk, served with 2 side dishes and a bottle of house wine

JW Marriott Marquis Dubai | Sheikh Zayed Road, Business Bay T +971 4 414 3000 | jwmarriottmarquisdubailife.com

[f](#) JW Marriott Marquis Dubai | [t](#) JWDubaiMarquis | [i](#) Prime68DXB

Delicious dining deals

Don't miss this month's unmissable offers at the world's tallest 5-star hotel, JW Marriott Marquis Dubai

PRIME68 STEAKHOUSE

✦ Dry aged beef night on Mondays

Discover the delicious 21-day beef aging program from Prime68's exclusive dry ager. This process provides meat with a unique taste, intensifying the flavour and characteristic of the beef. Trust us, you'll become a fan! Every Monday from 7pm until midnight, priced at AED 750 for 2 people, including a 1kg Australian Gras Fed Tomahawk, served with 2 dishes and a bottle of house grape.

IZAKAYA. JAPANESE CUISINE

✦ Bento box Wednesdays

Japan's famous bento boxes are now available at Izakaya. A full meal carefully served in individual size portions? Yes, please! Creating beautiful bento boxes is a long-standing tradition and has become a skillful art in itself. Come and discover Izakaya's delicious bento box, every Wednesday from 6pm until midnight, priced at AED 100 per person.

TONG THAI. THAI CUISINE

✦ One night in Bangkok

Add some zest from the Thai capital to your midweek with a special themed set menu that draws inspiration from the delicacies of Bangkok. Catch live performances of a talented artist playing handpan drum, a traditional Thai instrument. Priced at AED 180 per person for a set menu. Every Wednesday from 6pm until 11:30pm

POSITANO. ITALIAN CUISINE

✦ Festa Italiana, Sunday evening brunch

Sample an extravaganza of coastal Italian specialties at Positano's Sunday evening brunch. Overflowing with antipasti, handmade pasta cooked à la minute and a dessert room filled to the brim with all Italian classics such as panna cotta, gelati, cassata and other delicious sweet bites, the brunch takes place every Sunday from 6pm till midnight. Packages available include AED 180 including soft drinks, AED 295 including house beverages, AED 365 including Prosecco and Aperol cocktails. Children below 10 years dine enjoy complimentary dining during Sunday brunch.



GARDEN. PERUVIAN CUISINE

✦ Award-winning Wanderlust party brunch

Experience an eclectic and exotic journey through taste. The Wanderlust brunch is a one stop culinary journey around the world. With more than 10 live stations, including extended Japanese section and a variety of beverage stations, this food odyssey will satisfy even the most restless foodies. Embrace your inner wanderlust and embark on this epicurean adventure while enjoying the innovative grooves from DJ Adam J. Every Friday, from 1pm until 4pm, AED 425 per person, including food and house beverages. Don't miss the after-party and enjoy a 20% discount on beverages from 4pm until 8pm, with DJ Andrii on the decks. Age policy: 21 and above.

VAULT. COCKTAIL BAR

✦ Ladies' night with a view

Enter through the gold Vault doors and unlock the secrets of this effortlessly cool space. From delicious crafted beverages to wines and spirits, ladies will be treated to three complimentary drinks. Come and discover unparalleled views of Dubai while enjoying the innovative grooves from our DJ Soso. Every Tuesday from 7pm until midnight.


JW MARRIOTT
MARQUIS
DUBAI



Tel: +971 4 414 3000



jwmmrr@marriott.com



jwmarriottmarquisdubailife.com/dining

EAT OUT

ABU DHABI

Dining deals and happenings in the capital this month.



CIPRIANI YAS MARINA, YAS ISLAND

Cipriani Yas Island is set to celebrate Eid Al Adha with three evenings of signature Italian cuisine, authentic hospitality and fireworks. Friends and families are welcomed to the venue's wrap around terrace with marina views, for an impressive evening. True to Cipriani's concept of simple Italian food made to perfection, this Eid Al Adha welcomes guests to enjoy options from the a la carte menu, including carpaccio alla Cipriani, risotto primavera and vanilla crème meringue. In addition, guests can sample the new limited edition, seasonal dishes that are available from now until the end of August, which feature fresh ovuli & porcini mushrooms. Call +971 (0) 265 75 400, e-mail yasisland@cipriani.com or visit ciprianiyasisland.com.



HAKKASAN ABU DHABI, EMIRATES PALACE

Hakkasan Abu Dhabi will launch its revamped Hakkatini Nights menu on August 1. Available at the bar daily from 5-8pm, Hakkatini Nights offers a choice of two beverages from the bar menu, accompanied by a delicious bite for Dhs96 per person. From the menu, enjoy bites such as traditional or vegetable Shanghai dumplings, or salt and pepper squid, plus more. Call 02-6907999.



THE DRAWING ROOM, THE ST REGIS SAADIYAT ISLAND RESORT

Treat yourself to an indulgent 'Fashion Afternoon Tea', which takes place daily from 2pm to 6pm. Live the sweet life with this sartorially themed treat: a platter of sugary and savoury small bites to be washed down with copious cups of coffee and tea. The classic scones will be served with the customary cream and jam selection alongside miniature sandwiches, cakes and other sweet treats. Priced at Dhs190 with coffee or tea, Dhs240 with coffee or tea and one flute of Prosecco, Dhs300 including coffee or tea and one flute of Louis Roederer Brut; Dhs350 including coffee or tea and a flute of Rosé Brut. Call +971 2 498 8888, e-mail reservations.saadiyat@stregis.com or visit stregissaadiyatland.com.

SI RISTORANTE ITALIANO & BAR, SAADIYAT ROTANA RESORT & VILLAS

Take your taste buds on a journey to Sicily and discover cuisine that's steeped in history. From the regional speciality, pennette co pistacchiu panna ie pancetta to the sweet dessert, pisci spada a missinisa, Si Ristorante Italiano & Bar promises authentic flavours to remember with its set four-course menu, priced at Dhs250 per person including two glasses of grape and a bottle of water or soft drinks. Taking place daily from 6pm to 11pm. Call 02 697 0000.



Text SOPHIE VOELZING | Photographs SUPPLIED

Brunches in the capital

FRIDAY BRUNCH AT COYA ABU DHABI, THE GALLERIA



Head to Coya Abu Dhabi's Friday brunch for a combination of well-loved Peruvian favourites. The culinary journey begins with a range of starters including corn and quinoa salads, tuna and

salmon tacos, a selection of Latin-inspired maki rolls, and causa – a traditional Peruvian potato-based terrine. New flavours now available to inspire a hearty brunch appetite include a causa amarillo with crabmeat, and waygu rib maki with wasabi. One of Coya Abu Dhabi's brunch mainstays are the dishes served to the table, delivering a range of unique tastes ideal for sharing, including the new bao of veal belly with barbeque sauce. The most popular table dishes are the freshest ceviches, including sea bream and salmon, complemented by tiradito or sliced raw fish reflecting a Japanese influence, including yellowtail and amberjack. A selection of anticuchos – seasoned and grilled meat, brought sizzling to the table, include mushroom, chicken, and veal varieties. That's all before moving onto equally as delicious mains and desserts!

The details: Every Friday from 12.30pm to 4pm. Priced at Dhs198 (soft drinks), Dhs318 (house beverages), Dhs428 (sparkling).

Contact: E-mail reservations.ad@coyarestaurant.ae or call the reservation line: +971 (0)2 306 7000.

BRUNCH IN THE CLOUDS, THE ST. REGIS ABU DHABI



Once a month The St. Regis Abu Dhabi unveils its Abu Dhabi Suite, the world's highest suspended suite, for an exquisite brunch exclusively for 50 diners, commencing in the hotel's grand reception hall where

guests are met by one of the hotel's butlers who will escort them to the Abu Dhabi Suite's private elevator. Journeying through the 1,120 square meter suite, guests can discover exquisite culinary delights in each room; from a cinema full of candy, a dedicated cheese and dessert room, a caviar ice-bar, an oyster room, roaming chef stations and of course, a private bar equipped with the hotel's top mixologists.

For a break between tasting, guests can sojourn to the suite's private spa for shoulder massages by therapists from the hotel's Remède Spa and for the ladies, manicures by the hotel's Sisters Beauty Lounge.

The details: August 17 from 12pm to 5pm. Brunch in the Clouds is exclusively for adults over 21 years. Priced at Dhs650 (soft beverages), and Dhs900 (bubbly, cocktails, grapes and hops).

Contact: Reservations must be made in advance at +971 2 694 4553 or restaurants.abudhabi@stregis.com.



LA DOLCE VITA SATURDAY AT VERSO RESTAURANT, GRAND HYATT ABU DHABI

Every Saturday starting from August 18, the newly-opened Italian restaurant Verso will host brunch with complimentary pool access – so you can make a full day of it. Prepared by Italian Chef Marco Pistollo and his talented team, brunch here will feature a mix of favourites cooked at multiple, interactive live stations. The Saturday feast includes a variety of entrées featuring seafood on ice and eggplant parmigiana, followed by main choices such as lamb shank ragout on creamy gorgonzola polenta and oven-baked pizzas. Those with a sweet tooth can enjoy treats like homemade gelato with condiments, assorted sweets from the dessert counter and more.

The details: Every Saturday starting from August 18, from 12pm till 4pm. Priced at Dhs200 (soft package), Dhs350 (pitcher package), Dhs450 (bubbly package). Children under 12 years receive 50% off. Children under six years eat free.

Contact: Call +971 (0) 2 510 1234, e-mail verso@hyatt.com or visit verso.ae.

BUBBALICIOUS BRUNCH AT FAIRWAYS, THE WESTIN ABU DHABI



Bubbalicious Brunch is back, with exciting additions like new mixologist stations. Expect an extensive buffet selection, with an offering that ranges from fresh

seafood including sushi, sashimi, crab and an oyster bar to delicious grilled meats and Mediterranean dishes such as Paella. The dessert station is filled with mouthwatering pastries and sweets, which are all made in-house, plus a wide selection of imported cheeses.

The details: Every Friday from 12.30pm to 4pm. Priced at Dhs348 (soft beverages), Dhs426 (free flow house and sparkling), Dhs618 (free flowing house and French Bubbly), and Dhs174 per child with soft drinks.

Contact: Call +971 2 6169999 or e-mail FBreservations.auh@westin.com.

Tried & tasted

This month we head to The St. Regis Saadiyat Island Resort, Abu Dhabi to check out the region's first-ever Buddha-Bar Beach, which opened doors in May this year.



Reviewed by Sophie Voelzing

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

BUDDHA-BAR BEACH, THE ST. REGIS SAADIYAT ISLAND RESORT, ABU DHABI

Dining experience: Dinner

What's it like?

Representing the first of its kind for the Middle East, Buddah-Bar Beach has opened its swanky, beachfront doors at The St. Regis Saadiyat Island Resort in Abu Dhabi.

It's a day-to-night destination serving both lunch and dinner alongside a great offering of refreshing cocktails and mocktails from the bar to enjoy with your toes in the sand as the sun sets, or post-dinner when the resident DJ takes things up a notch.

Like its Dubai-based sister concept, Buddah-Bar at Grosvenor House, Buddah-Bar Beach is glamorous in both look and feel. Its décor marries rich colour tones with sleek furnishings that beautifully combine all-natural elements such as stone and wood, while the atmosphere is trendy, upbeat and invigorating.

This all-round destination incorporates a restaurant that boasts a sushi bar and robata grill, a terrace, bar and lounge – it has the seating capacity of up to 290 covers, so is spacious, yet retains a great intimate feel as each area is walled off from the next.

At the bar, expect to find skilled mixologists on hand to prepare inviting



blends influenced by Japanese, pan-Asian and Mediterranean flavours.

If you're only popping in for a couple drinks but fancy a quick snack, the outlet has a great range of small bites on offer for nibbling on or sharing with friends.

What are the food highlights?

In the restaurant, choose to be seated at your own table or alternatively the sushi counter with robata grill and cevicheria. Led by talented head chef Eko Ridwan

Zulfikar, the kitchen here masterfully prepares Pacific Rim cuisine, strongly influenced by a fusion of Asian flavours with a touch of the Mediterranean.

To begin, our dining experience gets off to a refreshing start with the light 'BBB mixed' salad that delicately combines mixed baby leaves, edamame, radish, cherry tomatoes and onion, drizzled with a fantastic balsa miso dressing that's zesty but not overpowering. We also





share a great introductory dish of deep-fried calamari that's sprinkled with lime zest, shichimi pepper, salt and served with a smoky garlic lemon yoghurt dip – the calamari is tenderly cooked and its batter is light and crispy.

Southeastern Asia flavours make their way into the next starter dish of chicken laksa soup, which was unbelievably good. The dish is kept light but packed with flavour from the chicken, lemongrass, galangal and coriander.

Moving onto the middle course, we opted for the 'King of the Beach' signature platter of sushi, sashimi, ceviche, oysters, king crab legs and nigiri, all of which are superb, fresh and a delight to eat. This dish is perfect for sharing with a couple of friends and is a real showstopper (cameras at the ready as presentation is perfected!).

If you'd like to try something from the robata, options on offer include Thai red curry king prawns, negima chicken in yakitori sauce, wagyu beef with shisho chimichurri and asparagus in an onion soy reduction, which we had as a side and would highly recommend – the asparagus is

cooked with a great crunch and the marinade works really well.

If you're a fan of black cod miso, don't miss the ama miso glacier 51 toothfish for main. Due to over-fishing of black cod, chef Eko substitutes with toothfish and it's honestly just as good – you can hardly tell the difference! The sweet miso marinated fish melts-in-the-mouth and is well balanced by a sprinkling of truffle dust and a quinoa base.

For dessert (if you have room!), the chocolate fondant with vanilla ice cream is a decadent dish of oozy, chocolatey goodness. For a lighter option, opt for the planner of seasonal fruits or a sorbet.

How was the service?

Attentive and informative. The friendly team were well-versed on the menu

offering and always on hand to help and ensure comfort. Chef Eko also came out to greet us – along with other guests – and is such a friendly guy whose passion for food and his menu really rounds off the experience on a great note.

The bottom line:

Buddah-Bar Beach is a brilliant spot to head with a group of friends or your other half. The venue offers stunning beachfront views, so I'd recommend arriving for sundowners before dinner. Five evenings a week, you'll also find a saxophonist around performing during the sunset session, as well as guest DJs.

Want to go?

Priced around Dhs350 per person for three-courses without beverages. For more information or reservations, call +97124988888, e-mail buddhabarbeach.abudhabi@stregis.com or visit buddhabarbeachabudhabi.com.



From slopes to kitchen

Chef Akira Back trained under some of the world's most celebrated Japanese chefs, including Nobu Matsuhisa and Masaharu Morimoto, who both have restaurants in Dubai. Following in their footsteps, chef Akira's prepares to open 'Akira Back Dubai' at W Dubai – The Palm – the same hotel that Massimo Bottura will open his first restaurant outside of Italy, Torno Subito. We speak to chef Akira to hear more about the opening and must-try dishes on the menu. **By Sophie Voelzing**

Known for his culinary creativity and bold interpretations of Asian fare with American influence, chef Akira Back has restaurants all over the world, and will soon be opening Akira Back Dubai at W Dubai – The Palm.

Born in Korea and raised in Aspen, Colorado, chef Akira spent his early years as a professional snowboarder in Colorado, appearing in extreme movies and garnering praise from the sport's top trade publications. During this time, Akira began working at local restaurants to supplement his income as an extreme sports athlete. After seven years on the pro-snowboarding circuit, Akira realised that he felt the same thrill in the kitchen as he did on his board, shaping his decision to pursue a full-time culinary career.

Now, years on chef Akira's portfolio is making its Middle East debut with the launch of Akira Back Dubai. Here, the man himself tells us more...

You used to be a professional snowboarder. What took you down the culinary route?

My injuries sidelined my pro snowboarding career – that was a blessing in disguise, as I found my passion in the culinary world.

“My cooking style is centered on cultural merging, mixing flavours – tastes of Japanese and Korean along with a variety of other cuisines in an exotic fashion.”

How would you describe your cooking style?

My cooking style is centered on cultural merging, mixing flavours – tastes of Japanese and Korean along with a variety of other cuisines in an exotic fashion. In summary: an innovative Japanese cuisine prepared with a Korean accent.

What attracted you to open a restaurant in Dubai and why W Dubai – The Palm?

Dubai has become the hottest culinary

hub and the flow of investment coming into this part of the world has grown significantly. W Dubai - The Palm as a brand is the perfect choice for my brand's Middle East expansion.

Tell us about the dining experience that can be expected by diners to Akira Back Dubai...

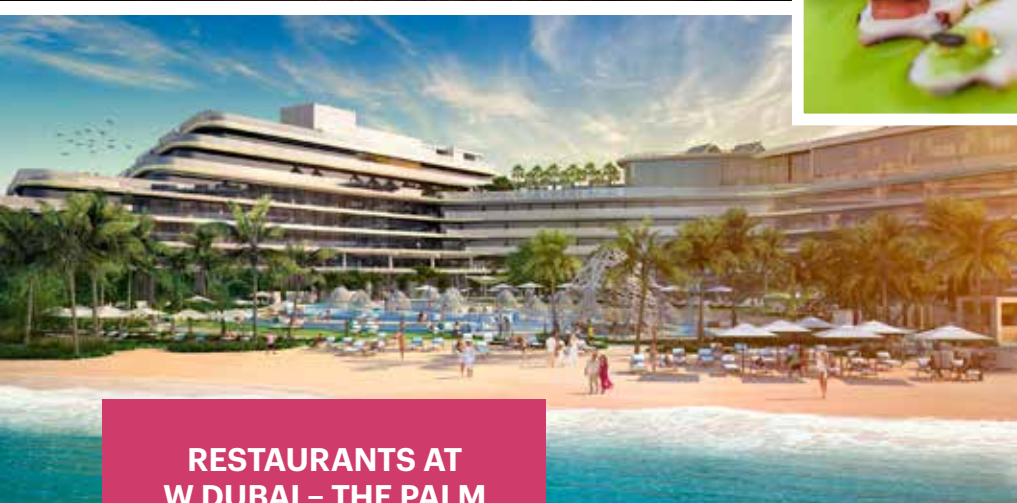
The #AkiraBackExperience is an explosion of flavours that will keep you coming back for more.

How does Akira Back Dubai's offering differ from other Japanese outlets in the city?

Akira Back Dubai offers a perfect orchestra of ambience, service and a progressive menu composed of a dynamic combination of hot and cold 'small plates'. Plus, a myriad of fresh seafood from around the world, organic meats and local and seasonal produce.

What are your thoughts on the Middle East's F&B scene? Do you have any favourite spots to dine out here when you're in town?

The Middle East's F&B scene is growing rapidly with a very high demand from the market. Whenever I travel, I always dine out and explore the local food scene to get a better understanding of the market as well.



RESTAURANTS AT W DUBAI – THE PALM

Here's what's opening at the new hotel...

- **Torno Subito** – by global superstar Massimo Bottura, his first venue outside Italy
- **Akira Back Dubai** – by the adrenaline-fueled Korean culinary master, Akira Back
- **WET Deck** – the epicentre of the Escape
- **SoBe** – defying the typical rooftop bar with a South Beach vibe and 360 panoramic views
- **LIV** – offering everything to “Liv a Little” including a “Bucket List” of once in a lifetime items
- **W Lounge** – for curated cocktails pre/post dinner

Do you have any other expansion plans to come in this region?

Definitely. I believe Dubai would be an excellent location for my other brand – AB Steak by Chef Akira Back (American Steakhouse with a Korean Flair).

What are some of your signature, ‘must try’ dishes that you’d recommend ordering at Akira Back Dubai?

Tuna Pizza, Yellowtail Jalapeno, AB Tacos, 48 Hours Wagyu Short Ribs.

How many restaurants do you have internationally, and how often do you visit each outlet?

To date I have 11 restaurants in 10 cities all over the world, with 4 more opening this year (Akira Back Dallas, San Francisco, Beverly Hills and Bali). I always make time to visit each outlet at least twice a year, but I do have a solid Corporate Chef and teams of Chefs to keep an eye on all the outlets.

With so much travelling, are you able to get hands on in the kitchen often?

I have to! I am first and foremost a chef and the first thing I do when I’m in my

outlet is go into the kitchen and cook with my team. I also have the privilege of having a very strong team, which allows me the time to create new menu items and develop exciting projects.

Japanese cuisine relies heavily on high-quality, fresh fish. Where will you be sourcing your fish from for Akira Back Dubai?

Tsukiji Market, Japan

Which types of fish are bestsellers in your restaurants?

Tuna, Yellowtail, and Black Cod.

When can we expect to see you in Dubai again, and how regularly will you be here?

I will be in Dubai for the pre-opening and opening of Akira Back Dubai, and I will visit at least three times a year.

For more information about chef Akira, visit akiraback.com or follow him on Instagram @chefakiraback

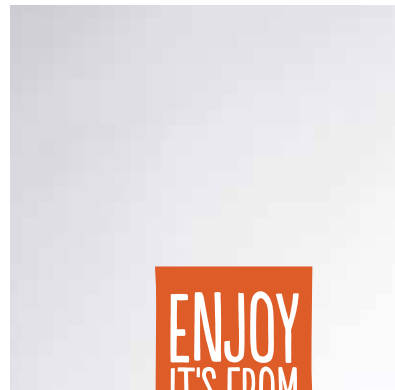


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BEHIND THE SCENES:

Deliveroo Editions Business Bay

Have you ever wondered where your food comes from when ordering through Deliveroo Editions? We go behind the scenes with Deliveroo's general manager Anis Harb at the newly-opened Business Bay operation that hosts eight super kitchens and 19 restaurant brands under one roof, to learn how Deliveroo's expansion innovations are making great food ever-more accessible across Dubai.

Interview by Sophie Voelzing

Last month, on-demand food delivery service provider, Deliveroo launched its second 'super kitchen' site in Business Bay. Known as 'Deliveroo Editions', this opening comes nine months after the company opened its first site in Dubai, located in JLT.

The 3,837 square foot site located in Business Bay, will host eight super kitchens, comprising of seven individual units and a shared kitchen area, bringing 19 restaurant brands and unique new concepts to customers in Dubai. The site will operate 9am-12am, seven days a week.

Covering an array of cuisines, including Greek, Vietnamese, Hawaiian, Arabic and French, the super kitchens will host well-known restaurant brands such as



Wagamama, Couqley, BarSalata and Wild and the Moon, in addition to unique new concepts such as Hippy Deli, Hoku Poke and Go! Greek.

By being in Deliveroo's delivery-only super kitchens, restaurants are able to expand without needing a physical presence in the area, enabling partners to reach new customers at a lower cost.

Deliveroo's general manager, Anis tells us more...

Tell us about Deliveroo Editions...

Deliveroo Editions is a revolutionary platform for the food industry. The sites host 'super kitchens', specially designed only for the cooking and delivery. The kitchens are home to new and unique brands, which we are excited to bring to customers in Dubai.

Deliveroo Editions allows restaurants to reach new areas, without having to launch a bricks and mortar in an inexpensive way. All the partner has to do is bring their labour and cover their food costs – that's it. By being in Deliveroo's delivery-only super kitchens, restaurants are able to expand without needing a physical presence in the area, which enables partners to reach new customers at a



lower cost. It's also great for customers because they have access to more restaurants and brands that don't have bricks and mortar sites in their area.

What made you launch the second location for Deliveroo Editions?

Due to the success of the first site in JLT, we saw there was a huge appetite for Editions for both consumers and restaurants. With a large number of



office workers being based in Business Bay and regularly ordering through Deliveroo, we wanted to work with our partners to increase selection of cuisines in the area.

Why are concepts like this important for the local food service industry?

Editions is good for restaurants, providing them with the infrastructure to set up their kitchens so they can bring their brands to new areas within 8-12 weeks. Deliveroo provides restaurants with unique insights that allow them to tailor menu items, leading to increases in sales of up to 400% in some cases.

Restaurants use their own expert and highly passionate chefs, just as they do in their bricks and mortar restaurants, but thanks to Deliveroo they are able to bring the same restaurant-quality dishes to more people in more areas, faster.

What's to eat?

Restaurants at Deliveroo Editions Business Bay

- Fraiche
- BarSalata
- Couqley
- Richy's
- Hanoi
- Wagamama
- Mantoushe
- Urth
- Hala Organic
- Black Tap
- Wild & the Moon
- The Salad Jar
- Skinny Genie
- Hippy Deli
- Hoku Poke
- Vurger
- Acai Bar
- Go! Greek
- TLC – Chicken & Sides

To order through Deliveroo, visit [Deliveroo.ae](https://www.deliveroo.ae) or download the Deliveroo app.



Meet your Italian chef

Founded by a team of professional Dubai-based chefs, 'Your Italian Chef' is a new home cooking service that allows you to enjoy a stress-free, fine dining experience from the comfort of your own home. Tailored to your needs – whether it be an intimate dinner with family or a party with friends, 'Your Italian Chef' allows you to customise your next dinner party without having to spend all night in the kitchen – because they'll take care of the hard work for you. Luca Cima, the Italian chef behind it all tells us more.

Interview by Sophie Voelzing

Tell us about your home cooking service 'Your Italian Chef' and how it works...

It's a newly launched concept with me and several other chefs at the helm. Day to day I am based as a chef at Bice Mare Dubai in Souk Al Bahar with chef Leonardo Maltese, who has played a crucial role in creation of 'Your Italian Chef'.

As a team, we offer high-end, gourmet Italian dining experiences at customers' homes. We take over home kitchens to cook a full meal at the same high standard experienced in a fine dining restaurant – the only difference is that it's all served from the comfort of our clients' homes.

Menus are completely tailor made for each customer, depending on their requirements. We offer handmade pasta, risotto, seafood and meat, plus a range of side dishes and desserts. Our 'Inspiration Menu' is made up of all the classic Italian dishes, however, we are able to customise dishes based on individual tastes.

Once the menu is decided upon, my team inspects the client's kitchen to check for equipment requirements a few days before the event. On the day of the event, we arrive with plenty of time to set-up and prepare



the meal. Once served, we clean the kitchen thoroughly before leaving.

How many people are you able to cater to?

We have served up to 35 people, but ideally to have that special touch and greatest attention to detail, we recommend a maximum of eight to 10 people. We're not a mass catering company.

Can you cater to all budgets?

Yes, we're able to cater to nearly all budgets, however a client must bear in mind that quality products come with certain costs. We like to work with the best ingredients on offer in Dubai, such as French oysters and foie gras, beautiful Irish lamb, wagyu beef from Japan or Australia, plus more. Of course, the selection depends on the client's requirements and budget, but even for simple dishes such as seafood risotto, we always endeavor to source the freshest and tastiest seafood we can find.

Tell us about some of your favourite dishes that 'Your Italian Chef' offers...

We are very proud of our handmade pasta and risotto dishes. Porcini mushroom risotto with truffle for example is very popular, as well as seafood. Lobster alla Catalana or lobster ravioli are both special too. Seafood platters are requested a lot.

I like regional dishes like beef carpaccio with burrata, 'cotoletta alla milanese' or even a nice and simple grilled seabass with a caponata of vegetables. I am personally a very big fan of classic cuisine, despite popular modern trends. We keep it classic and make our own demi-glace, bisque, bread, dough and mozzarella, following traditional recipes.

Where do you source your ingredients from?

Working in restaurants, the team of chefs behind 'Your Italian Chef' have access to



all food distributors in the UAE. So, for all the ingredients we need, we can choose from the best suppliers daily.

For example, recently we needed a big line-caught tuna that was sushi grade and believe it or not, we have no difficulty sourcing it the very same day.

Searching for the perfect ingredients for our guests is a privilege.

Looking at your background, how did your journey in the kitchen begin?

Like many kids born in the early 70s, I spent most of my young age in the kitchen doing homework while my mom was cooking. My dad was very picky, so my mother tried her best every day to make really special meals at home, which is where my love for great food began.

When I grew up, I travelled with my dad a lot. He always made time to stop at the best restaurants – lunch and dinner became sort of a religious moment for him that could not be spoiled by poor food. He certainly imprinted this love for good food in me.

I developed my personal love for food and always cooked at home, where I'd

experiment and try to re-create dishes I'd tried at restaurants. Over the years, I made friends with chefs and spent a lot of time in restaurant kitchens as a helper, preparing vegetables, cleaning fish, making sauces and one day a chef asked me if I wanted to start cooking for real, and that's where it all began!

Why did you choose Italian cuisine to specialise in?

I was born in Italy and grew up tasting arguably some of the best food in the world. Italy is made of 21 regions and all of them have their own specialties, their seasonal ingredients, their own stories and dishes. It's virtually impossible to learn it all. There are great food traditions all over the country, so growing up there it's hard not to automatically learn about the country's cuisine. I chose to specialise in Italian food because it's where I feel at ease.

To book a private culinary dining experience at home with 'Your Italian Chef', contact Luca on luacima71@gmail.com or find him on Instagram @youritalianchef

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A week of simple, delicious suppers from food writer, Jane Lovett

photographs
TONY BRISCOE



One-pan cod, chorizo & chickpeas

SERVES 4 **PREP 15 mins** **COOK 15 mins**
EASY

13cm piece chorizo, halved lengthways and sliced into thick half-moons
2 garlic cloves, crushed
a good pinch of dried oregano
1 tsp rose harissa paste, plus a little extra for serving
400g can chickpeas, drained and rinsed
400g can chopped tomatoes
½ tsp sugar
4 x fillets of cod (total weight approximately 550g)
olive oil
100g samphire (optional)

To serve
yogurt
bread, for mopping up the sauce

1 Cook the chorizo in a frying pan (preferably one with a lid) for 2-3 mins over a medium heat until the oil begins to run. Add the garlic and oregano and stir for 1 min. Add the harissa paste, chickpeas, tomatoes and sugar, and season well. Bring to the boil and simmer gently for 5 mins.

2 Cut the fish fillets into halves or thirds, depending on their size, and tuck the thinner ends under to make them an even thickness. Sit the fish on top of the

chickpea mixture in one layer. Sprinkle with a little salt and olive oil, cover with the lid or some foil, bring back to the boil and simmer for 5-7 mins, or until the fish has turned opaque and is just cooked.

3 Meanwhile, if using, cook the samphire for 3 mins in boiling water and drain. Remove the lid from the fish, add dollops of yogurt and swirl a little harissa into it. Top with the samphire, if using, and serve straight from the pan, with bread to mop up the juices.

GOOD TO KNOW 2 of 5-a-day • gluten free
PER SERVING 403 kcals • fat 19g • saturates 6g • carbs 15g • sugars 5g • fibre 5g • protein 40g • salt 1.9g



Bang bang chicken

SERVES 6-8 PREP 35 mins COOK 5 mins EASY

2½ tbsp granulated sugar
4 tbsp rice vinegar
2 medium carrots, peeled
and cut into fine
matchsticks
½ cucumber, cut into fine
matchsticks
a bunch of spring onions,
trimmed, halved and cut
into thin strips
1 cooked chicken (about
1kg)
2 Cos or Little Gem
lettuces, and/or a bag
of watercress

For the sauce
140g smooth peanut butter
1 tbsp sweet chilli sauce
2½ tbsp toasted sesame oil
3 tbsp vegetable oil
½ tbsp soy sauce
To serve (optional)
salted peanuts, roughly
chopped
torn mint leaves
red chilli, deseeded and
thinly sliced diagonally
toasted black or white
sesame seeds

- 1 Heat the sugar, a good pinch of salt and vinegar together in a small saucepan. Stir to dissolve the sugar, then simmer for 1-2 mins until syrupy. Put the carrots, cucumber and spring onions in a small bowl, pour over the hot syrup and set aside, stirring from time to time.
- 2 Place all the sauce ingredients in a small bowl and sit it over a pan of simmering water for a few mins, whisking occasionally until smooth. The gentle heat makes it easier to meld the ingredients together.
- 3 Meanwhile, remove the skin and bones from the chicken, discard, and tear the meat into strips. Slice the lettuce across into ribbons and scatter over a large platter (and/or the watercress, if using). Using a slotted spoon, take the vegetables out of the vinegar mixture, draining well, and arrange on top of the lettuce.
- 4 Heap half the chicken on top, spoon over a little of the warm sauce followed by the rest of the chicken and the sauce. Sprinkle with the peanuts, mint leaves, chilli and sesame seeds, if using.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING (8) 404 kJ • fat 27g • saturates 6g • carbs 12g • sugars 11g • fibre 3g • protein 26g • salt 0.7g

Turkish lamb meatballs with bulgur pilaf

SERVES 4 (makes 14-16 meatballs) **PREP** 25 mins
COOK 30 mins **EASY**

500g lean lamb mince	1 egg, beaten, to bind
1 garlic clove, crushed	vegetable oil
5 spring onions, chopped	For the sauce
2 tsp ground coriander	400g can chopped tomatoes
1 tsp ground cumin	½ tsp ground cinnamon
½ tsp ground cinnamon	a pinch of sugar
a pinch of chilli powder	For the pilaf
1 tsp finely grated ginger (or ready- prepared from a jar)	30g butter
1 tbsp chopped mint, plus a little extra to serve	100g orzo
1 tbsp chopped parsley	200g bulgur wheat
	1 tsp ground cumin
	a bunch of dill, chopped (optional)

1 Mix all the meatball ingredients, except the egg and vegetable oil, with some seasoning – using your hands is best! Add a little egg just to bind the mixture – you may not need it all; be careful not to make it too wet. With wet hands, shape into 14-16 balls the size of golf balls.

2 Heat a little oil in a sauté or frying pan and add the meatballs. Fry, turning, until golden brown all over. Pour off all but 1 tbsp of fat. Add all the sauce ingredients, rinse out the tomato can with a little water and add, then cover and simmer for 10-15 mins, turning the meatballs once. Remove the lid and simmer briskly for 4-6 mins more to thicken the sauce, if needed.

3 Meanwhile, for the pilaf, melt the butter in a lidded saucepan. Add the orzo and stir over the heat for a few mins until golden brown. Add the bulgur wheat and continue to stir for a further 2 mins. Stir in the cumin, salt and pepper.

4 Add 425ml water to the pilaf, bring to the boil, cover and cook on the lowest heat for 10 mins until all the liquid has been absorbed. Remove from the heat and take off the lid, cover with a tea towel or cloth, replace the lid and leave to steam for 10 mins. Fluff up with a fork, check the seasoning and add the dill, if using.

GOOD TO KNOW fibre • iron • 1 of 5-a-day

PER SERVING 613 kcals • fat 31g • saturates 13g • carbs 40g • sugars 5g •
fibre 12g • protein 37g • salt 0.5g



Dukkah-crusted chicken thigh fillets with lime yogurt & pomegranate

SERVES 4 **PREP** 15 mins **COOK** 10 mins plus marinating
and resting **EASY**

8 boneless, skinless chicken thigh fillets
200g natural yogurt
1 lime
2 tbsp pomegranate seeds
a few sprigs of coriander or parsley, roughly chopped

For the marinade

1 tsp ground cinnamon
1 tsp turmeric
2 tbsp dukkah
4 tbsp vegetable oil
wraps and salad, to serve (optional)

- 1 Mix the marinade ingredients together. Add the chicken and coat well. Marinate for up to 24 hrs – this isn't essential.
- 2 Mix the yogurt with the juice from half the lime and season with salt. Set aside. Heat a frying or griddle pan until hot. Sprinkle the skinned side of the chicken with salt and cook, salted-side down in the dry pan. Press down with a fish slice then fry until crisp and golden. Sprinkle with salt, turn over and repeat until the chicken is cooked through. This will take about 5 mins on each side. If you need to cook in batches, wipe out the pan in between.
- 3 Top each thigh with a dollop of yogurt sauce, scatter with the pomegranate seeds and roughly chopped herbs, and squeeze over the remaining lime. Serve in wraps with salad, if you like.

GOOD TO KNOW gluten free

PER SERVING 366 kcals • fat 23g • saturates 4g • carbs 8g • sugars 5g • fibre 3g
• protein 30g • salt 0.8g



Chorizo hash

SERVES 4 **PREP** 15 mins **COOK** 25 mins **EASY** 

2-3 tbsp olive oil
1 large onion, sliced
6 cooking chorizo sausages
2 garlic cloves, crushed
a good pinch of dried oregano
½ tsp hot smoked paprika
675g waxy new potatoes,
cooked and cut into chunks

100g baby spinach
4 eggs
a few sprigs of parsley,
chopped
nigella seeds, tabasco or
sriracha sauce, to serve
(optional)

- 1 Heat a little olive oil in a sauté or deep frying pan and cook the onion until soft and just beginning to brown. Slice each sausage diagonally into approximately six slices and add to the onions. Fry over a high heat until beginning to brown and the oils are running from the chorizo.
- 2 Add the garlic, oregano, paprika and potatoes, and season with salt and black pepper. Gently mix together and, when sizzling vigorously, cover with a lid and cook over a low heat for 10 mins.
- 3 Add the spinach and cook until just wilted. Fry the eggs in a little more olive oil in a separate frying pan, or poach them, and serve on top of the hash with a scattering of parsley. Scatter over the nigella seeds and add a few drops of Tabasco or sriracha sauce.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free

PER SERVING 652 kcals • fat 42g • saturates 13g • carbs 33g • sugars 7g • fibre 6g •
protein 33g • salt 3.2g





Peppered fresh tuna Niçoise

SERVES 4-6 **PREP** 30 mins
COOK 10 mins **EASY**

300g French beans, topped
but not tailed
12 quail's eggs (or 4-5 hen's eggs)
small bag mixed salad leaves
450g waxy new potatoes, cooked
½ red onion, very thinly sliced
250g cherry or baby plum
tomatoes, halved

12-15 black olives, stoned
8 anchovy fillets, snipped into
slivers

2 tbsp cracked black pepper
2 x 225g tuna steaks
olive oil, for frying
1 tsp tapenade

For the dressing

1 tsp Dijon mustard
1 garlic clove, crushed
2 tbsp red wine vinegar
7 tbsp olive oil
1 tbsp freshly chopped tarragon

1 Cook the beans in boiling salted water until just tender. Drain, cool under cold water and dry well on kitchen paper.

2 Bring the quail's eggs to the boil in a pan of water and cook for 2 mins, or 7 mins if you're using hen's eggs. Drain and cool under cold running water and peel, then submerge in a bowl of cold water. Mix the dressing ingredients together with some seasoning.

3 Scatter the salad leaves over a platter, tearing any larger ones, and add the beans. Cut the potatoes lengthways into three and halve the eggs. Arrange the potatoes over the beans, followed by the red onion, tomatoes and

the eggs. Dot around the olives and anchovies.

4 Heat a frying or griddle pan until very hot. Spread the cracked pepper onto a plate; rub a little salt into the tuna steaks, then press into the pepper to coat. (Alternatively, grind over some black pepper.) Rub with a little olive oil and sear for about 30 seconds on each side. Slice diagonally and arrange over the salad.

5 Spoon over the dressing. Mix the tapenade to a sauce consistency with some olive oil and drizzle over the salad.

GOOD TO KNOW low cal • omega-3 • 1 of 5-a-day • gluten free
PER SERVING (6) 342 kcs • fat 18g • saturates 3g • carbs 16g •
sugars 4g • fibre 6g • protein 26g • salt 1.4g

Salmon, courgetti & asparagus with lime & caper dressing

SERVES 4-6 **PREP** 30 mins **COOK** 20 mins **EASY**

2 medium courgettes, spiralized or peeled into ribbons	For the dressing
a bunch of asparagus (10-12 spears)	1 large lime, zested and juiced
100g samphire (optional)	1 tbsp white wine vinegar
olive oil	2 heaped tbsp capers, drained and chopped
4-6 skinless salmon fillets (110-140g each)	1 garlic clove, crushed
275g fresh, cooked egg or rice noodles	2 heaped tsp wholegrain mustard
cress or micro leaves, to garnish (optional)	5 tbsp olive oil
	1 tbsp chopped tarragon, dill or coriander

1 Heat oven to 200C/180C fan/gas 6. Mix together all the dressing ingredients, except for the fresh herbs, with some seasoning and set aside.

2 Blanch the courgettes in boiling salted water for just 30 seconds – no longer! Drain with tongs, cool and leave rolled up in kitchen paper to dry thoroughly.

3 Snap off and discard the woody asparagus ends and cook the asparagus in the same pan you used for the courgettes for a few mins until just tender. Drain in a slotted spoon and cool under cold water. Cut the spears in half, or thirds if long.

4 Cook the samphire, if using, in boiling unsalted water for 3 mins, drain and cool under cold water. Roll up in kitchen paper with the courgettes to dry.

5 Line a baking sheet with foil and lightly oil. Tuck the thin end of the salmon fillets underneath, so they are a more even thickness, and place on the baking sheet.

6 Drizzle a little olive oil and scatter some sea salt flakes over the fillets, and bake for 10-12 mins. The salmon should be opaque on the outside and still a little underdone in the middle.

7 Tip the noodles into a large bowl and season. Add the courgettes, asparagus (reserving a few tips) and all but a handful of samphire, if using. Add the tarragon to the dressing and spoon 4 tbsp into the noodles. Incorporate everything very gently – hands are best! Pile onto a platter, break the salmon into chunky flakes and nestle it over the top. Top with the reserved asparagus and samphire, and spoon over the rest of the dressing. Scatter with cress or micro leaves, if using.

GOOD TO KNOW omega-3 • 1 of 5-a-day

PER SERVING (6) 495 kcal • fat 34g • saturates 6g • carbs 14g • sugars 2g • fibre 2g • protein 33g • salt 0.9g





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photographs MYLES NEW

Herb-roasted lamb rack with butter bean Dauphinoise

Love potato Dauphinoise? Then you'll love this version – the oozy cream and beans are hearty enough to rival the original potato version, and serve as a garlicky sauce to accompany the lamb.

SERVES 3-4 **PREP** 5 mins **COOK** 25 mins **EASY**

4 garlic cloves, 1 peeled and crushed, the rest left in their skins and crushed
1 tsp cornflour
180ml pot double cream
150g crème fraîche
2 tsp Dijon mustard
2 x 400g cans butter beans, drained
1 lemon, zested and ½ really thinly sliced
20g parmesan, finely grated
1 rack of lamb (7-8 bones), French trimmed (ask the butcher to do this, or find it ready done in most supermarkets) and fat scored
2 tbsp olive oil
handful woody herbs, such as rosemary and thyme
asparagus or seasonal greens, to serve

1 Heat oven to 200C/180C fan/gas 6. Rub the peeled garlic clove around the inside of a baking dish (ours was 18cm x 25cm). Mix the cornflour with 1 tbsp cream in a bowl, then whisk in the remaining cream, crème fraîche and mustard and season well. Add the beans, lemon zest and parmesan, and stir until well coated in the cream mixture. Pour into the dish, then put on the middle shelf of the oven while you cook the lamb.

2 Meanwhile, season the lamb all over. Heat the oil in a frying pan, sear the fatty side of the lamb for 1-2 mins until well browned. Add the herbs and garlic to the hot oil and sizzle for 30 secs.

3 Sit the lamb on top of the beans along with the garlic, herbs and slices of lemon. Return to the oven for 15-20 mins, depending on how well cooked you like your lamb. Serve with a bowl of seasonal greens on the side.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free

PER SERVING (4) 775 kcal • fat 60g • saturates 33g • carbs 19g • sugars 3g • fibre 8g • protein 37g • salt 0.6g

MORE AMAZING IDEAS IN

30

Banoffee tart

SERVES 8 **PREP** 10 mins
NO COOK EASY **V**

Whip **450ml double cream** and fold through **4 tbsp caramel or dulce de leche**. Use it to fill **1 shop-bought pastry case**. Top the cream mixture with **2 sliced bananas**, another drizzle of caramel and some **chocolate shavings**, then serve in slices.


Naan bread pizzas

SERVES 2 **PREP** 5 mins **COOK** 10 mins
EASY **V**

Heat oven to 220C/200C fan/gas 7. Put a large baking sheet in the oven to heat up. Mix **2 tbsp tomato ketchup**, **1 tbsp tomato purée** and **1 tbsp mango chutney** together in a bowl. Spread the mixture over **2 medium shop-bought naans**. Crack an egg onto each one and crumble over **100g feta**. Cook for about 10 mins, or until the egg white has set, then scatter with some **coriander leaves** and serve with a dollop of **mashed avocado** on the side, if you like.

Eat the whole lemon slices with the lamb and beans. They'll add a zesty kick to cut through the rich meat and cream

Swap butter beans for cannellini or haricot, if you prefer

A photograph of a food platter on a light-colored wooden surface. In the foreground, there are several thick slices of soda bread, some topped with a pat of butter. To the left of the bread is a pile of smoked salmon. Further back and to the left is a small blue bowl filled with a cucumber salad. A silver fork lies on the platter between the salmon and the bread. In the background, a block of butter is partially unwrapped from its paper. Three yellow callout bubbles with dashed lines pointing to the ingredients contain text.

Add herbs or
spices to your
homemade butter for
added wow factor

Soda bread is
best eaten on the
day it's made

Serve on
a big platter for a
help-yourself lunch
your friends will
love

Black treacle & oat soda bread with pickled cucumbers, smoked salmon & homemade butter

Making deep indentations in the bread will help it cook through and mark out portions to tear and share. Once it's in the oven, you'll have some time to prepare any accompaniments, including some homemade butter. If you haven't made it before, it's well worth it.

SERVES 6 **PREP 10 mins** **COOK 20 mins** **EASY**

400g self raising flour, plus extra for dusting
50g porridge oats, plus extra for sprinkling
1 tsp bicarbonate of soda
200ml buttermilk
3 tbsp black treacle

For the pickled cucumbers

1 cucumber, peeled into ribbons with a potato peeler

2 tbsp white wine vinegar

1 tbsp sugar

small pack dill, chopped

For the butter

300ml double cream

To serve

120g smoked salmon and lemon wedges

1 Heat oven to 200C/180C fan/gas 6 and put a baking sheet on the middle shelf. Mix the dry ingredients for the bread with 1 tsp salt. In a jug, mix together the buttermilk and treacle, and add enough water to make up the liquid to 300ml. Mix the wet and dry ingredients together to make a soft dough. If it's very sticky, flour your hands and shape into a round (it doesn't need to be neat). Remove the hot tray from the oven, dust with flour and put the bread on it, squashing it down a little. Use a knife to cut deep indentations in the dough, crossing in the middle to create six triangular pieces. Put in the oven and bake for 20 mins.

2 Meanwhile, combine all of the ingredients for the pickle with $\frac{1}{2}$ tsp salt and set aside.

3 To make the butter, tip the cream into a bowl and beat with an electric hand whisk for 5 mins until it collapses and splits into butterfat and buttermilk. Keep going until the butterfat starts to clump together, then drain into a sieve over a bowl. Squeeze as much liquid from the butterfat as possible, wrap it in baking parchment and chill until you're ready to serve. Save the buttermilk for another recipe (or if you have more time, make the butter first, then use the buttermilk to make the bread). To serve, unwrap the butter and sprinkle it with sea salt. Serve with the bread, pickled cucumbers, salmon and lemon.

GOOD TO KNOW calcium • omega 3 • 1 of 5-a-day

PER SERVING 608 kcals • fat 29g • saturates 16g • carbs 66g • sugars 10g • fibre 4g • protein 18g • salt 3.5g

Strawberry & elderflower gateau

No one will believe you if you say this stunning gateau took just 30 minutes to make. Not only does it look amazing, it tastes like it's from a top-end patisserie too. We're pretty sure this will be your new go-to celebration cake.

SERVES 10 PREP 30 mins NO COOK EASY V

2 x 200g sponge flan cases (25cm)	5 tbsp elderflower cordial
6 tbsp strawberry jam or conserve	5-6 raspberries or some pink food colouring gel
400g strawberries (look for ones that are a similar size), halved	small handful pistachios (optional), slivered or roughly chopped (see tip)
600ml double cream	strawberry coulis or cream, to serve
2 tbsp icing sugar, plus 150g	

1 Remove the base of a 20cm loose-bottomed cake tin (make sure it's a deep one) and use it as a template to cut out a circle from each flan case. Chop the offcuts from the flans into small pieces and set aside. Reassemble the tin and line it with a couple of sheets of cling film, leaving enough overhanging to wrap up once the tin is filled.

2 Put one flan disc in the base of the tin and spread over half the jam. Arrange the strawberries around the outside with the cut surface facing outwards. If you have any particularly large or small strawberries, put them to one side.

3 Whip the cream, 2 tbsp icing sugar and 3 tbsp elderflower cordial together in a bowl until the mixture holds its shape. Chop the reserved strawberries, then fold them into the cream mixture. Use half of the cream to fill the centre of the gateau, spreading right to the edges so it holds the strawberries in place.

4 Push a single layer of the chopped flan offcuts into the cream (you may have some leftovers to nibble on), and drizzle over the remaining elderflower cordial. Stir the remaining jam through the rest of the cream, spread it over the flan pieces, and top with the final piece of flan. Fold over the cling film and give the gateau a gentle press down to compact the layers. Chill while you make the icing. *Can be chilled for up to 24 hrs.*

5 Crush the raspberries with the back of a fork and stir in the 150g icing sugar to make a thick icing. Add a splash of water if it's too thick. Alternatively, add enough water to the icing sugar to make a thick icing, then stir in a few drops of pink food colouring.

6 When you're ready to serve, remove the cake from the tin and discard the cling film, then transfer to a cake stand. Spread the icing right to the edges, then scatter the pistachios in a ring around the top, if using, and serve with a little strawberry coulis or cream on the side, if you like.

GOOD TO KNOW vit c

PER SERVING 625 kcs • fat 44g • saturates 25g • carbs 52g • sugars 41g • fibre 2g • protein 4g • salt 0.3g

Strawberry coulis

Whizz **200g strawberries**, **100g icing sugar** and a **squeeze of lemon** in a food processor. Serve straight away or chill until needed.

gf tip

Slivered pistachios are blanched, peeled and thinly sliced. They have a vibrant colour but taste the same as regular shelled pistachios. You can usually find them in Middle Eastern shops or online at souschef.com. To prepare your own, pour boiling water over shelled pistachios and leave to soak for 10 mins. Drain and tip onto a tea towel. Rub between the towel to remove the skins and reveal the lovely green colour underneath. Finely slice lengthways.

Ready in
30 mins, but can
also be made up
to 24 hrs ahead

Add a
splash of gin
to the cream for a
modern, boozy
version of this
gorgeous
dessert

Look for
medium-sized
strawberries for a
polished finish

Tropical Eton mess in minutes

You can make meringues in no time in the microwave – they're a little lumpy and bumpy, but they do the job nicely when crumbled into an Eton mess. If you want to make it prettier but keep it quick, use good shop-bought meringues instead. Serve in the middle of the table and let everyone dig in.

SERVES 6 **PREP** 25 mins **COOK** 5 mins
EASY 

2 x 400ml cans full fat coconut milk
100g light brown soft sugar
1 tbsp dark rum (optional)
300g icing sugar
1 egg white, lightly beaten
1 small pineapple, peel cut off, halved and cut into slices
1 papaya, peeled, halved and cut into slices
100g raspberries
1 lime, cut into wedges
handful toasted coconut flakes

- 1 Scoop the thick coconut cream from the top of the cans of coconut milk into a bowl, reserving the coconut milk underneath, and chill while you make the coconut caramel. Measure 100ml coconut milk into a saucepan and add the light brown soft sugar, rum and a good pinch of salt. Bring to a simmer and bubble for 5 mins to make a thick glossy caramel. Set aside to cool a little.
- 2 To make the meringues, sift the icing sugar over the egg white in a bowl. Stir until the mixture forms a thick, pliable icing. Roll the icing into balls (about 3 tbsp each), put on a plate lined with kitchen paper and microwave on high for 1½ mins until puffed up. Don't worry if they look a little misshapen – no one will notice when they're crumbled. Peel off the kitchen paper and put on a wire rack to cool.
- 3 Arrange the meringues on a platter, smashing them up a bit. Whip the chilled coconut cream until smooth, then dollop on top of the meringue. Scatter over the fruit, drizzle with the coconut caramel and sprinkle with coconut flakes. Finally, squeeze over a few lime wedges, using the others to decorate the plate. Serve at the table with spoons for everyone to dig in.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 446 kcals • fat 14g • saturates 11g • carbs 77g • sugars 74g • fibre 3g • protein 3g • salt none

Swap the fruits depending on what's in season

You can buy ready peeled and cored fresh pineapple from some supermarkets – this will cut your prep time even further

Coconut
milk is a great
storecupboard
standby





If you're using a round dish, use scissors to cut the pasta sheets to size

Fresh pasta will cook in half the time as dried

Look for cooking chorizo in the fresh sausage aisle

Speedy chorizo ragu lasagne

We've given this family favourite a modern makeover, and you're going to love it. The chorizo sausages add bags of flavour without needing hours of gentle simmering (as mince would). Get the oven nice and hot while the ragu is bubbling away, and you'll have dinner on the table in no time.

SERVES 5 PREP 10 mins COOK 20 mins
EASY ✨ 🍴

2 tsp olive oil
1 onion, chopped
2 garlic cloves, crushed
1 rosemary sprig
6 chorizo-style sausages
3 large roasted red peppers, from a jar
1 tsp fennel seeds
½ tsp dried chilli flakes (optional)
500ml passata
1 tsp sugar
250g tub mascarpone
50ml milk
75g parmesan or pecorino, grated
handful fresh basil, roughly chopped
250g packet fresh lasagne sheets

1 Heat oven to 220C/200C fan/gas 7. Heat the oil in a shallow frying pan or casserole dish, one that can go in the oven. Add the onion, garlic, rosemary and a pinch of salt, then cook for a few mins until softened.

Squeeze the sausagemeat from their skins into the pan. Break it up with your spoon and cook until starting to brown, around 3-5 mins.

2 Tear the red peppers into the pan and add the fennel seeds, chilli (if using), passata, sugar and some seasoning. Cook over a medium heat for 5 mins. Meanwhile, mix the mascarpone, milk, 50g parmesan and some seasoning in a bowl.

3 Stir the basil into a pan, then remove from the heat. Spoon half the ragu into another pan or bowl. Put a layer of lasagne sheets on top of the ragu in the casserole dish, then top with half the mascarpone mixture. Add another layer of ragu, followed by the pasta and mascarpone. Top with the remaining parmesan, then put in the oven on the middle shelf and bake for 5-10 mins until golden and bubbling.

GOOD TO KNOW calcium • 2 of 5-a-day

PER SERVING 755 kcal • fat 51g • saturates 26g • carbs 41g •
sugars 11g • fibre 4g • protein 31g • salt 3.3g

Fennel & orange salad

SERVES 6 PREP 5 mins
NO COOK EASY V

Whisk **2 tbsp extra virgin olive oil** with **2 tsp white wine vinegar** in a salad bowl. Add **1 thinly sliced fennel bulb**, **2 peeled and thinly sliced oranges**, and a **large handful watercress**. Season and serve.

EVEN MORE AMAZING IDEAS IN

30

Chocolate & hazelnut croissant buns

SERVES 12 PREP 10 mins
COOK 20 mins EASY V

Heat oven to 200C/180C fan/gas 6. Unroll a **350g pack croissant dough** and squeeze the perforated lines back together. Spread with **200g chocolate hazelnut spread** and scatter over **100g chopped toasted hazelnuts**. From one of the longer sides, roll up the dough to make a long sausage. Cut into 12 buns and put each one in the hole of a muffin tin, cut-side up. Bake for 20 mins until golden.

Chicken tacos

SERVES 8 PREP 25 mins
COOK 5 mins EASY

Shred **1 whole cooked chicken**. Mix with a **sachet of fajita spice mix**, **3 tbsp smoky BBQ sauce** and **3 tbsp water**. Cover with cling film and microwave for 4 mins, stirring halfway. Whizz **1 avocado**, **150ml soured cream**, **small bunch coriander** and the zest and juice of **1 lime** in a small processor. Finely slice **1 red onion** and a **handful of radishes**. Warm **16 small tortilla wraps** in the microwave and serve topped with the chicken, avo soured cream, red onion, radishes, more coriander leaves and **jalapeños**.

Matar paneer

SERVES 3-4 PREP 5 mins
COOK 25 mins EASY V ✨

Melt **25g butter** in a pan. Add **2 bay leaves**, **2 crushed garlic cloves**, **1 tbsp chopped ginger**, **1 tbsp tomato purée** and **2 tbsp balti paste**. Stir for 1-2 mins until everything is sizzling. Stir in **400ml passata**, **150ml double cream**, **2 tbsp cashew butter** and **1 tbsp honey**. Season well. Bubble for 5 mins until the sauce thickens, then add **250g paneer**, cut into cubes and **150g frozen garden peas**. Add a **squeeze of lemon** and serve with Indian breads or rice and chutneys, if you like.

TOM KERRIDGE

BRUNCH FOR TWO

Don't get me wrong, I love cooking for loads of people. But, like all those tables of two I serve in my restaurants, sometimes you just want to have a quiet dinner with someone special. I read somewhere – it might actually have been a chef's tattoo – that 'to feed is to love'. I know it's cheesy, but there's a lot to be said for showing someone how much you care by cooking for them. This menu is all about doing just that. I've designed it so that there's lots of sharing involved, from the make-ahead starter through to the giant sundae for you to enjoy together at the end of the meal.

Dress the garden table, light some candles and serve up **Tom Kerridge's** seasonal supper for two
photographs MAJA SMEND



Potted crab, p50

MENU FOR 2

Potted crab

Bread-baked chicken
& summer garden salad

Peach Melba sundae



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good* (Dhs110, Absolute Press), is out now.

[Twitter](#) [Instagram](#) @ChefTomKerridge



Bread-baked
chicken &
summer garden
salad, p50

Potted crab

A perfect sharing starter that's totally make ahead, so the cook has time to sit down and enjoy it too.

SERVES 2 **PREP** 10 mins plus chilling **COOK** 2 mins **EASY**

150g picked white crabmeat, the freshest you can buy
2 tbsp mayonnaise
1 shallot, peeled and finely chopped
small handful chives, chopped
½ orange, zested
2 large slices sourdough, grilled or griddled, to serve
For the paprika butter
60g butter
¼ tsp smoked paprika

1 Tip the crabmeat into a bowl and mix with the mayonnaise, shallot, chives, orange zest and some seasoning. Spoon the mixture into a shallow serving dish. Smooth the top over, then pop in the fridge to chill.

2 Gently melt the butter and smoked paprika together. Leave the butter to cool a little, but don't let it solidify. Carefully pour the clear butter fat over the crab, leaving the milky butter residue still in the saucepan. Return to the fridge for 20-25 mins or up to a day to firm the butter up. Serve with some grilled sourdough for spreading everything over.

PER SERVING 715 kcs • fat 45g • saturates 14g • carbs 49g • sugars 4g • fibre 3g • protein 27g • salt 2.6g

Bread-baked chicken & summer garden salad

Baking chicken in a bread crust locks in the moisture and keeps the chicken really juicy – plus you can add the crust to your salad for some crunch.

SERVES 2 **PREP** 50 mins **COOK** 50 mins **MORE EFFORT**

2 chicken legs
For the bread crust
200g strong bread flour, plus extra for dusting
5g fast-action dried yeast
1 tsp caster sugar
1 tsp picked thyme leaves
For the salad
2 handfuls mixed lettuce
1 carrot, peeled into ribbons
1 heirloom tomato, cut into wedges
2 tbsp olive oil
1 tbsp white wine vinegar
4 anchovy fillets, cut lengthways
salad cream, to serve

1 To make the crust, combine all the ingredients with a pinch of salt. Pour in 120ml of warm water and bring everything together, then knead for about 10 mins to form a smooth ball of dough. Divide the dough into two balls, then roll out each one to a thickness of 0.5cm on a lightly floured surface. Lay a chicken leg in the middle of each sheet of dough, then fold in the sides to form parcels – a bit like a pasty. Put the parcels on a tray lined with baking parchment. *Can be prepared a few hours ahead and chilled in the fridge until ready to cook.*

2 Heat oven to 200C/180C fan/gas 6. Bake the chicken parcels for 45 mins, then remove from the oven and leave to stand for 20 mins. Carefully open the parcels with a sharp serrated knife, then lift the chicken onto a baking tray. Grill the chicken for 5 mins to crisp up and colour the skin – or use a blowtorch if you have one, which would be faster and more even. Chop some of the bread parcel into chunks and grill until crisp, then transfer to a bowl and toss with the lettuce, carrot and tomatoes. Dress the salad with the olive oil and the vinegar. Serve each chicken leg with some salad topped with the anchovies, and with a blob of salad cream on the side.

GOOD TO KNOW 2 of 5-a-day

PER SERVING 528 kcs • fat 34g • saturates 6g • carbs 29g • sugars 10g • fibre 3g • protein 24g • salt 1.7g

Peach Melba sundae

Peach Melba meets a knickerbocker glory. Should you happen to have an open bottle of fizz, add a splash as a nod to the Bellini – it will give the last few spoonfuls an extra burst of flavour.

SERVES 2 **PREP** 20 mins **NO COOK** **EASY** **V** **I**

150ml double cream
½ tsp vanilla extract
40g icing sugar
½ glass champagne or prosecco, to serve (optional)
3 scoops vanilla ice cream (the best quality you can afford)
2 peaches, cut into wedges
75g raspberries
1 tbsp almond flakes, toasted, to serve
For the sauce
75g raspberries
1 tbsp caster sugar
1 lime, juiced

1 Put a sundae glass or bowl in the freezer to chill. To make the sauce, put the raspberries, sugar and lime juice in a blender, and blitz to a purée, loosening with a splash of water if necessary. Set aside. Meanwhile, whip the cream with the vanilla and icing sugar until it holds its shape, then transfer to a piping bag fitted with a star-shaped nozzle, if you like.

2 Pour the champagne or prosecco (if using) into the chilled glass, then neatly layer balls of ice cream, peach wedges, raspberries, raspberry sauce and cream, finishing with a big swirl of cream on the top. Scatter with the toasted almonds and serve straight away with two spoons.

GOOD TO KNOW vit c • 2 of 5-a-day • gluten free

PER SERVING 701 kcs • fat 48g • saturates 30g • carbs 59g • sugars 58g • fibre 4g • protein 6g • salt 0.2g



FAMILY barbecue

Just because it's too hot outside for a BBQ, doesn't mean you can't have one. Here are six barbecue recipes that can be eaten inside. *recipes* LULU GRIMES *photographs* WILL HEAP

Soy & butter salmon parcels

SERVES 4 **PREP 20 mins**
COOK 10 mins **EASY**

2 tbsp butter
4 x 100g skinless salmon fillets
2 tbsp low-salt soy sauce
1 tbsp honey
1 tbsp sesame seeds
2 sliced spring onions
For the cucumber salad
1 cucumber, finely sliced
few drops sesame oil

1 Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Cut four pieces of foil that will easily wrap a piece of salmon and lay them on the work surface. Spread a little butter onto the centre of each piece of foil to stop the salmon sticking. Lay the salmon on top. Mix the soy with the honey and divide it between the parcels, pouring it over the salmon. Dot any remaining butter on top and then fold the foil around the salmon tightly to make a parcel.

2 Put the parcels on the barbecue or griddle and cook for 5-10 mins. Check one parcel to see how it's getting along but be careful – it will be hot. Once the salmon is cooked, open the parcels and scatter some sesame and spring onion into each.

3 Mix the cucumber with a few drops of sesame oil and season with a little salt. Serve the salmon with the cucumber salad.

GOOD TO KNOW omega 3

PER SERVING 307 kcal • fat 22g • saturates 7g •
carbs 5g • sugars 5g • fibre 1g • protein 21g • salt 1.1g



Shoot director MARTIN TOPPING | Food stylist KATY GREENWOOD | Stylist SARAH BIRKS



Lemon & yogurt chicken flatbreads

SERVES 4 **PREP** 20 mins plus 1 hr marinating **COOK** 5-10 mins **EASY**

2 skinless chicken breasts, cut into strips	1 tbsp olive oil
1 lemon	4 flatbreads
1 tsp dried oregano (optional)	4 tbsp Greek yogurt
1 garlic clove, crushed	¼ red pepper, finely chopped
pinch cinnamon	1 Little Gem lettuce, finely chopped

1 Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon too. Add the peel and half the juice to the chicken, along with the oregano (if using), garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to 'cook' the chicken, so don't leave for longer.

2 Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the griddle), then grill for a couple of mins each side. The strips will cook through quickly so don't leave them too long. Season if you like.

3 Warm the flatbreads on the edge of the barbecue (or on the griddle) for a minute, then transfer them to plates and spread each with ½ tbsp yogurt. Divide the chicken strips between them, then dot on the remaining yogurt and sprinkle over the pepper and lettuce. Fold or roll the flatbreads to eat.

GOOD TO KNOW healthy • low cal

PER SERVING 364 kcals • fat 9g • saturates 4g • carbs 41g • sugars 5g • fibre 4g • protein 28g • salt 0.6g

Pineapple & pork skewers

You'll need eight small or four large skewers for these. Metal skewers with twists along the length are ideal, as they stop the ingredients sliding about. If you're using wooden skewers, soak them first.

SERVES 4 **PREP** 20 mins plus marinating **COOK** 5-10 mins **EASY**

400g pork fillet
4 tbsp light muscovado sugar
60ml cider vinegar
1 tsp fish sauce
½ small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)
1 green pepper, deseeded and cut into squares (optional)
4 spring onions, trimmed and cut into 4 equal lengths
small bunch coriander, chopped (optional)
cooked rice or pitta, to serve

1 Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

2 Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the pork and pineapple onto the skewers, alternating pieces with the pepper and spring onion.

3 Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Sprinkle with coriander, if you like, then serve with rice or slide into pitta breads.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 260 kcals • fat 7g • saturates 2g • carbs 26g • sugars 26g • fibre 2g • protein 23g • salt 0.4g



Tear-and-share cheese & garlic rolls

MAKES 20 **PREP** 40 mins plus at least
2 hrs proving **COOK** 40 mins **EASY** **V**

100g unsalted butter, softened
450g strong white bread flour
7g sachet fast-action dried yeast
1 tsp golden caster sugar
rapeseed oil, for the bowl and tray
2 tbsp polenta or cornmeal
1 garlic clove, grated
100g mozzarella, grated
50g cheddar, grated

1 Heat 280ml water in a saucepan for a minute until warm but not too hot to stick your finger in (don't burn yourself!). Remove from the heat, then add 50g butter. Combine the flour, yeast, sugar and 1 tsp salt in a large bowl or a tabletop mixer. Add the warm water and beat to make a soft dough. Knead for 10 mins by hand, or 5 mins in a mixer, until the dough feels stretchy and smooth. Tip into a clean, oiled bowl and cover with oiled cling film. Leave to rise for 1½-2 hrs, or until doubled in size.

2 Brush a large baking tray with oil and scatter over the polenta. Knock the air out of the dough. Pinch off small pieces (about the size of a walnut), then roll each piece into a ball and put on the baking tray. Leave a little space between each dough ball.

3 Heat oven to 180C/160C fan/gas 4. Cover the tray with oiled cling film, then prove for 30 mins-1 hr until the dough has doubled in size and the balls are touching. Mix the remaining butter with the garlic. When the rolls are ready to cook, brush the tops with the garlic butter and scatter with the cheeses. Bake for 25-30 mins until the dough balls are cooked through. Leave to cool for 5 mins, then serve.

PER SERVING 150 kcals • fat 6g • saturates 4g • carbs 18g • sugars 0.3g • fibre 1g • protein 5g • salt 0.3g



BBQ chorizo potato salad

SERVES 4 **PREP** 10 mins **COOK** 35 mins plus cooling **EASY** **V**

750g new potatoes, halved if large
4-6 large cooking chorizo (or
12 small ones)
150ml soured cream
3 tbsp mayonnaise
1 tsp Dijon mustard
1 celery stalk, finely diced (optional)
1 tbsp dill, very finely chopped

1 Put the potatoes in a pan of cold salted water and bring to the boil. Simmer for 15 mins or until tender and a knife goes in easily. Drain the potatoes and return to the pan, then stand for 5-10 mins to steam-dry. Cut them into bite-sized pieces, season with salt, cover and chill until cold.

2 Heat the barbecue (or heat a griddle pan if cooking indoors). Halve each large chorizo lengthways and put them, cut-side down, on the barbecue (small chorizo can go on whole). Cook, turning once or twice, until they are crisp around the edges and cooked through. Slice the chorizo into pieces.

3 Combine the soured cream, mayonnaise and mustard, then add to the cold potatoes with the celery and dill. Gently fold the potatoes into the dressing, taking care not to break up them too much. Scatter the chorizo on top to serve.

PER SERVING 597 kcals • fat 44g • saturates 13g • carbs 30g • sugars 5g • fibre 4g • protein 18g • salt 2.2g



Sweet potatoes with red pepper & halloumi

SERVES 4 **PREP** 15 mins **COOK** 40 mins **EASY** **V**

4 medium sweet potatoes
1 tbsp olive oil
8 mint leaves, finely chopped
225g halloumi, cut into 4 slices
4 fat strips grilled red pepper
butter (optional)
1 lemon, halved
small bunch parsley, chopped

1 Rub each potato with a little oil and salt, then wrap in a double layer of foil.
2 Pour the oil into a bowl and stir in the mint. Add the halloumi and toss until

well coated in the minty oil. Wrap each piece in a strip of pepper. Cut four lengths of foil about 1cm wide and wrap one around the middle of each parcel to hold them together. You could use skewers instead, but be careful not to split the cheese.

3 Heat the barbecue. When the coals glow red, put the potatoes directly on them. Cook for 30 mins, turning halfway. Unwrap a potato and check if it is cooked through. If not, rewrap and cook more, checking every 10 mins. Alternatively, bake in the oven at 200C/180C fan/gas 6 for 50 mins-1 hr.

4 Meanwhile cook the pepper parcels on the barbecue or a griddle pan for 3-4 mins each side or until the pepper chars and the cheese melts a bit. Remove from the grill and unwind the foil or remove the skewers. Split the potatoes, add butter if you like, then lay a parcel in the centre of each. Add a squeeze of lemon and scatter over some parsley to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 354 kcal • fat 18g • saturates 11g • carbs 29g • sugars 16g • fibre 5g • protein 17g • salt 2g

Health news

Health news covering everything from ingredients and dishes to advice and new products to try



Cook yourself to a healthier you

If you're looking to spruce up on your cooking skills or learn how to cook healthier in the kitchen, gain hands-on experience this summer at one of four new cooking classes at Top Chef Cooking Studio in Dubai.

The 'Healthy & Fabulous' class is priced at Dhs425 per person and is designed for gourmards willing to get creative in the kitchen whilst staying healthy. The chef will teach you how to construct beautiful and flavourful dishes offering a wealth of health benefits. Cut, carve, slow cook, and roast, safe in the knowledge that you will be using only the best quality produce.

If you're vegetarian, the 'Vegetarian' class is priced at Dhs445 and will focus on scrumptious dishes using vegetables, grains and legumes. There's also a class dedicated to those early risers who love a good breakfast, called 'Breakfast at Top Chef'. And lastly, the 'Chef to Be' class priced at Dhs415 is for those looking for an introduction into the basics of cooking.

For the full schedule of classes, visit topchefdubai.com/cooking-classes for more information or call 04 385 5781.

Responsible hydration



Hydration is so important – particularly during the hot summer months when our bodies lose more fluids than usual in a bid to stay cool. But before you pick up another single-use plastic water bottle, take a moment to think about the problems they cause environmentally and consider swapping them for one of these reusable bottles. Both glass and stainless steel are 100% recyclable, durable and non-toxic – while only seven of the 30 types of plastic are recyclable – and

they won't absorb the chemicals, odours or tastes that plastic will. Plastic straws cannot be recycled. They end up in our oceans and marine animals like turtles mistake them for food and choke on them. If you must use a straw, reusable metal ones are the most eco-friendly option, and are now available at Eggs & Soldiers located on the ground floor of Times Square Centre in Dubai. In-store you'll find items like this Haakaa Stainless Steel Drink Bottle (AED 95), Haakaa Stainless Steel Straws (from AED 50 for pack of three), Life Factory 12oz Glass Bottle (AED 94.50) and even this Life Factory Glass Baby Bottle (from AED 63). Products can also be viewed and purchased online at eggnsoldiers.com, with delivery available throughout the Middle East.



Detox your body

Until the end of August, The Spa at Address Dubai Marina is offering its 'detox marine algae wrap' 60-minute treatment for Dhs500. The detox marine algae wrap uses various forms of marine algae to target and remove the toxins from your body. The session begins with an exotic bamboo scrub to exfoliate your skin and prepare it for treatment, followed by a detox cocktail. A warm cocoon helps the seaweed's rich array of minerals, vitamins and enzymes penetrate your pores and nourish your skin. A final massage fully decongests the area, leaving you and your skin refreshed and purified. Call 04 436 7424 or e-mail spa.dubaimarina@theaddress.com

Text SOPHIE VOELZING | Photographs SUPPLIED



New African wellness restaurant opens

Inspired by the flavours of Africa, Catfish is set to open doors during the second week of August 2018. With an audacious flair, the concept combines traditional African ingredients with modern wellness techniques to create a mouthwatering palate that's bursting with flavour and vitality. Catfish will be available for dine in at Kitchen Nation, customers can also order online directly from the kitchen or via Deliveroo and Zomato. Everything on the menu is organic and free from gluten, raw dairy, soy, and refined sugar.

Founded by foodie and health expert Gbemi Giwa, popularly known for her platform Dubai Fit Foodie, the name Catfish is inspired by the Nigerian delicacy, 'Catfish Pepper Soup' a broth that's made using whole Catfish allowing the bones to release their collagen into the broth.

Catfish's menu explores food for wellness, introducing ingredients like papaya leaves which are known to boost the immunity and support digestion, cloves which promote strong bones as well as Gbemi's favorite spice trio, ginger, lime, scotch bonnet and local honey, a mixture that cures anything from a sore throat to a cold.

With everything cooked from scratch, you can find dishes such as Mama's Soup which is made from coconut chicken broth, brown rice noodles, soft boiled egg, fragrant herbs, African miso and the Dancing Waist which consists of grilled peri-peri chicken, smoky jollof rice, kale lime salad, grilled plantain with hibiscus barbecue sauce. Vegan options are also available. Call 058 507 8574 for reservations, or order via Deliveroo and Zomato.

INTRODUCING

The Protein Bake Shop

New to market, The Protein Bakeshop is now open and serving a wide range of delicious truffle boxes. Curated by Dubai-based venture capitalist Saad Umerani, and nutrition expert and diabetic educator Rashi Chowdhary, the wholesome snack brand encourages you to swap highly processed everyday sweet treat names, for homegrown, healthy ingredients without compromising on the taste.

The Protein Bakeshop products replace all refined sugars with natural sugars and increase the amount of good fats and protein to improve the overall nutritional profile of desserts.

Choose from six flavours, including: Peanut Butter Truffles, Almond Truffles, Dark Chocolate Truffles, Coconut Truffles, Nut Bites and Chocolate Bites – all of which have no added preservatives or artificial sugar.

The newly-launched truffle boxes are available to purchase from Dhs18.90 for four pieces of guilt-free sweet treat.

Available to buy online at ProteinBakeshop.com with free delivery on all orders above Dhs100 across the UAE, as well as standalone stores Choithrams, allday, Milk & Honey Gourmet, & Ripe, and via Deliveroo, Zomato & Talabat.



Get a two-course healthy lunch for Dhs49



Zeste Café, located at the newly-opened Holiday Inn Dubai Festival City has launched an 'lunch-on-the-go' menu, which allows customers to order two healthy dishes for Dhs49. Delivery is available to those in Festival City. The new menu includes nutritional soups,

vitamin-rich salads such as the Macro Super Bowl (quinoa, kale, sweet potato, adzuki beans, edamame, sesame, crunchy nori, pickled vegetables and turmeric tahini dressing); Zeste Detox Chicken (organic broccoli, kale, sugar peas, feta, poached egg and croutons) and Poke Super Bowl (sticky black rice, cured tuna, sesame, pickled ginger, avocado and soy dressing). For those opting for a more substantial meal, the sandwiches include Avocado & Chicken Panini, Cheese & Tomato Panini, Kimchi Benedict and Wild Mushrooms. Those looking for something sweet or a cheat option can select a pastry from the counter. Call 04 701 1127 or e-mail restaurantreservation.dfc@ihg.com.

Healthy brunch food to share

Having people over when you're trying to eat well can be tricky, so we've created a feast fit for friends that also happens to be good for you

recipes SOPHIE GODWIN *photographs* ROB STREETER

Fennel, roasted lemon
& tomato salad, p60



Roasted new
potatoes &
radishes, p60



Roast side of salmon
with chermoula, p60



Roast side of salmon with chermoula

SERVES 6 **PREP 15 mins** **COOK 15-20 mins** **EASY**



850g side of salmon
3 tbsp olive oil
1 tsp each coriander and cumin seeds
½ small pack mint, leaves picked
½ small pack coriander

small handful tarragon
1 lemon, zested and juiced
1 fat garlic clove
½ tsp chilli flakes

1 Heat oven to 200C/180C fan/gas 6. Line the bottom of a roasting tin that's large enough to fit the salmon in with baking parchment. Brush ½ tbsp oil over the skin and season all over. Place skin-side down in the tin and roast for 15-20 mins until the salmon is just cooked through.

2 Meanwhile, toast the coriander and cumin seeds in a dry frying pan. Tip into a blender and add all the remaining ingredients. Blitz to a smooth green sauce, adding enough water to get a drizzling consistency. Season to taste. *The chermoula can be made in the morning and kept chilled in the fridge.* Put the salmon on a serving platter and drizzle over a little chermoula, with the rest on the side to serve.

For the salmon:

GOOD TO KNOW omega 3 • gluten free
PER SERVING 342 kcals • fat 24g • saturates 4g •
 carbs none • sugars none • fibre 1g • protein 31g •
 salt 0.1g

For the salmon with fennel & tomato salad
 (see right):

GOOD TO KNOW healthy • vit c • omega 3 •
 2 of 5-a-day • gluten free
PER SERVING 434 kcals • fat 28g • saturates 5g •
 carbs 8g • sugars 7g • fibre 5g • protein 34g •
 salt 0.2g

Roast new potatoes & radishes

SERVES 6 **PREP 15 mins** **COOK 45 mins** **EASY** **V**



600g new potatoes, halved,
larger ones quartered
500g radishes, halved, larger
ones quartered
4 tbsp olive oil
2 tsp black mustard seeds

1 tsp chilli flakes, plus extra
to serve (optional)
30g pumpkin seeds
150g Greek yogurt
2 spring onions, thinly sliced
(green parts and all)

1 Heat oven to 200C/180C fan/gas 6. Put the potatoes in a saucepan of water, bring to the boil and cook for 8 mins. Drain and leave to steam dry.

2 Put the potatoes in one roasting tin and the radishes into another. Divide the oil between them, along with the mustard seeds and chilli flakes. Season and give everything a good mix. Put in the oven and roast for 25 mins, then take out the radishes and roast the potatoes for an extra 10 mins until crisp. Meanwhile, toast the pumpkin seeds in a dry frying pan.

3 Spread the yogurt onto a sharing platter. Pile on the potatoes and radishes, then scatter over the spring onions, pumpkin seeds and a few more chilli flakes, if you like.

GOOD TO KNOW healthy • 1 of 5-a-day • gluten free

PER SERVING 234 kcals • fat 14g • saturates 3g • carbs 18g • sugars 4g • fibre 4g • protein 6g • salt 0.1g

Fennel, roast lemon & tomato salad

SERVES 6 **PREP 15 mins** **COOK 25 mins** **EASY** **V**



2 lemons
2 tbsp extra virgin olive oil
pinch of sugar
500g mixed tomatoes
(I used cherry tomatoes
and some larger ones)

3 fennel bulbs
100g pomegranate seeds
½ small pack tarragon
leaves
½ small pack parsley leaves
½ small pack mint leaves

1 Heat oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Slice 1 lemon into thin rounds and spread out on the baking tray, drizzle over ½ tbsp oil and sprinkle over the sugar. Roast for 20-25 mins until shrivelled and caramelised in places. Keep an eye on them – you may have to take some out the oven before the others are done. *These can be made in the morning and kept at room temperature.*

2 While the lemons are cooking, roughly chop the tomatoes and thinly slice the fennel, saving the fronds. Put in a bowl with the remaining olive oil, juice from the other lemon and pomegranate seeds. Season to taste, then give everything a good mix.

3 When you're ready to serve, roughly chop all the herbs and mix them into the salad along with the roasted lemons and fennel fronds.

GOOD TO KNOW vegan • healthy • low fat • 2 of 5-a-day • gluten free

PER SERVING 93 kcals • fat 4g • saturates 1g • carbs 8g • sugars 7g • fibre 5g •
 protein 2g • salt none



ESCAPE AND UNWIND

Beat the heat and soak up the sea at The Oberoi Beach Resort, Al Zorah this summer. Book your staycation between the 15th May and 30th September and relax, unwind and revive amidst pristine white sands and lush mangroves. Kick-back in a luxurious Premier room with an expansive private terrace, as well as enjoy a complimentary three course dining experience at either Vinesse or Aquario, our two world-class restaurants from only AED1,100 per room. For reservations, kindly contact reservations.toaz@oberoihotels.com or Tel: +971 6 504 4888



The Oberoi

BEACH RESORT

AL ZORAH





A taste of nature's best

We journey to Niyama Private Islands Maldives to discover a taste of nature's best, unflawed beauty and incomparable luxury. **By Sophie Voelzing**

Seated snugly in the seaplane that's transporting us from Malé Airport to Niyama Private Islands, I peer out of the window to see the clearest, most beautiful colour blue I've ever seen – miles upon miles of glistening open water, sparsely dotted with tiny islands that burst with greenery and are bordered by white sand beaches.

The Maldives is made up of approximately 1,200 islands that produce a fantastic range of ingredients like coconut, which is used heavily in Maldivian cooking in grated form, as milk or as oil that is used to deep fry foods. There's also plenty of other fruit and vegetables to hand like mango, lettuce, okra, spinach, watermelons and chili.

Surrounding waters are abundant with beautiful fish and seafood – namely yellowfin tuna, mahi-mahi, wahoo, little tunney, skipjack tuna, Maldivian lobster and crab, amongst others.

Around 40-minutes into the flight, I spot Niyama Private Islands below – our picture-perfect home for the next



couple of days. Arrival to the resort is dream-like as we step off the plane and onto the jetty to a welcoming party of team members and native bodu beru drummers. Cold towels and ice-cold beverages soon follow, before we're whisked away by our personal butler on a golf buggy to find our villa.

Beachfront or over-water?

While winding through the island's luscious forestry, it's clear to see that privacy is paramount at Niyama. Even when at full occupancy, it's the type of place you could quite easily spend your entire day without seeing another guest as each villa is fully equipped with everything you need, from your own private beach and swimming pool, to a wide range of refreshments and snacks – you'll even find complimentary homemade ice cream in your freezer, and a miniature popcorn machine with buttered kernels for popping at your convenience.

In total there's 134 villas at Niyama, which are available in various options including the beach villa with direct beach access and sunrise views, the beach pool villa that has a private pool, the water pool villa that's set over water with direct lagoon access from the private sundeck and a private pool, then there's the deluxe water pool villa which features the addition of a Jacuzzi.

Larger villas are also available, ideal for families or those travelling in larger groups. The ultimate accommodation option at Niyama however, is the outstanding 'Crescent' – a playground of five ultra-chic villas, all with private pools, for up to 14 adults and eight children. This incredible option comes with a private chef, two butlers and a host of complimentary activities including a sunset dhoni cruise and movie under the stars.

Island dining

Mouthwatering dining experiences are aplenty at Niyama. Whether it be a fancy affair, dinner with your toes in the sand, submerged beneath the sea, sat in a treehouse or tucked away romantically for a private dinner, there's something delicious and exciting for everyone.

Each and every option here comes with its own unique experience.

Set up in the treetops, Nest is an Asian avant-garde restaurant that is quite literally a tree house. It's the most magical of settings, being sat up in a tree surrounded by nature. On the menu here, there's speciality dishes from Thailand, China and Indonesia. There's also a teppanyaki table located on the lower floor for intimate parties. The daily ocean harvest of sushi and sashimi was particularly great at Nest – the freshness of the fish used was a pure delight to eat, while the Thai curries were also a highlight, packing so much flavour.

Next on the gastro-journey is fine dining, seafood-led restaurant Edge, which is accessible only by boat and is set

half a kilometer out in the ocean away from the resort on its own small terrace. Head here for sundowners before delighting in a sophisticated degustation menu that's served al fresco. Highlights here include salmon gravlax, lobster bisque and Japanese wagyu beef.

Just below Edge, the underwater playground Subsix awaits with an ultra-lavish offering of Champagne breakfasts, subaquatic lunches and wine pairing dinners – you'll even find nighttime glow parties taking place down there! Much like its upstairs counterpart, Subsix is about the finer things in life. Expect culinary pleasures such as poached lobster, wagyu beef tartare, barramundi in a bouillabaisse reduction, succulent lamb chops in a parsley and garlic crumb, followed by a light coconut parfait and garden fruit minestrone to finish before petit fours are served – all as you're sat underwater gazing directly at free-roaming fish swimming by.

And, just when you thought Niyama's gourmet offering couldn't get any better, there's Tribal, a signature restaurant on the island serving African and South American cuisine. Like the other outlets at Niyama, Tribal too is a fully-immersive experience. Upon entering, expect blazing fire touches and jungle-like settings that bode extremely well with the Afro-Latin menu that reflects tribal culinary traditions. The team here do a great job of explaining the menu, as there's quite a lot listed that I'd never heard of before, such as the warm ostrich boboti (recipe overleaf), which is a South African dish consisting of spiced minced meat baked with an egg-based topping, and luwombo guinea fowl – luwombo a method of cooking from Uganda where chicken, beef, ground nuts, dry fish or any other sauce is

GETTING THERE

Emirates Airlines (emirates.ae), FlyDubai (flydubai.com) and Etihad (etihad.com) have two flights daily flying from the UAE into the Maldivian capital of Malé. Ticket prices start from around US\$800 (around Dhs3,000) for economy, and US\$2,000 (around Dhs8,000) for business class. Please note that these figures are priced based on travel during mid to high season. Niyama will organise boat and air transfers from Male to the resorts as required.

tied-up in a banana leaf and steamed over green bananas or any other staple in banana leaves or a steamer. Tribe is perfect for the adventurous and curious diners – the menu has so many interesting ingredients on it like impala, veal tongue, antelope and more.

For breakfast, lunch and dinner, there are two great all-day dining options: Blu and Epicure. And for grab-and-go style nibbles to get you through the day, The Deli serves quick and easy sandwiches,

wraps and other ideal snacks for when you're feeling a bit peckish but don't want anything too heavy.

Dining options at Niyama really are endless and cater to all tastes, all ages and all dietary requirements.

Revitalise, rejuvenate and relax

Niyama consists of two islands connected by a bridge. 'Chill' island is true to its name and is where true relaxation takes place at the Drift Spa,

while 'Play' island offers action-packed activities from the water sports shack.

Whether you're looking to have the perfect zen moment or catch an adrenaline rush, the destination has plenty of options catering to both sides of the fence.

Maldives has a reputation for lacking in activities and some people believe that there won't be enough going on to keep them occupied – but that's definitely not true (unless you plan on staying for several consecutive months).

Aside from lazing around on the stunning beaches or various swimming pools, there's a range of unique experiences available. Head out on a dolphin-spotting excursion, fishing trip, or go snorkeling with whale sharks, where you'll bump into schools of tropical, beautifully coloured fish, eagle rays, manta rays, turtles and more – the experience is breathtaking, so don't forget to bring the GoPro along.

Or if you're in the mood to for a little action, take a trip to the watersports center to find jet skis, kayaks, jet packs, diving equipment, and more. Be sure to pick up your snorkeling kit from the Dive Center – you never know what you'll see at beaches surrounding the resort. Paddle over to the reef where an array of gorgeous coral live – the neon pinks and eye-opening yellow and orange shades can be seen perfectly in the clear waters, along with Nemo and all of his friends.

Niyama is also one of the Maldives' hottest surfing destinations, with some of the world's best surfers visiting the resort to take part in competitions.

For those travelling with little ones, young VIPs will love the Explorers Kids Club with its range of activities including nature expeditions around the tropical isles to MasterChef classes while adventure-seeking teens and adults will be inspired by the resort's excellent water sports.

Now, whether you're looking for your annual detox fix or just a reason to be pampered, the resort's spa is well worth a visit. It's luxurious, relaxing and is so good that it had me returning day after day. There's a brilliant selection of treatments on offer in terms of massages, holistic treatments, and whole spa packages including hair and nails too.

Expect a truly personalised service. The spa team really can't do enough for you and make it their business to ensure you're as relaxed as possible. It really is the perfect rejuvenation retreat, and you'll leave walking on air.



MEET THE CHEF

Executive chef, Christophe Wehrung, takes us behind the culinary scenes at Niyama...

As an island destination, how often do you have to import fresh ingredients to the resort?
Usually it is two times a week.

What local ingredients are you able to use at Niyama?

We source fresh vegetables and some fruits such as watermelon, papaya, pineapple, reef fish, which is very famous in Maldives, yellowfin tuna and Maldivian lobster and crab.

Do you grow anything on the island that visitors will find at the restaurants?

Yes, we have an organic garden known as the 'Spice Garden' where we grow fresh herbs, okra, lettuces, Maldivian chili, watermelons, and beans.

Tell us about the local fish you use at Niyama. How often is it caught and what type of dishes do you use it in?

Three times a week. We use the

local fish in different kinds of dishes depending on what kind of fish is delivered, which can include species like snapper, grouper, mahi mahi, Jack fish, banana fish, and yellowfin tuna. On a daily basis the fishes are either grilled, or steamed for Asian preparation, while the tuna is used as carpaccio or tartare.

Are guests able to enjoy authentic Maldivian food at Niyama? If so, what type of dishes?

Yes, there's Maldivian chicken curry, Garudiya maldivian fish broth, Maldivian lobster curry on the menu. Every Friday at Epicure restaurant we have also have a Maldivian themed buffet night with a spread of Maldivian dishes.

Looking ahead to the rest of the year, what celebrations will be hosted at Niyama this Christmas?

During the festive season we will be hosting a Michelin-star chef along with a caviar dinner and cheese night evening.

Do you offer cooking classes at Niyama?

Yes, known as Food Play whereby guests can prepare African, Thai, Mediterranean and Maldivian cuisine. We can also can customise cooking classes according our guest requests.

For travelers looking to visit with health and fitness in mind, do you offer any wellness-inspired menus at Niyama?

Yes, we have superfoods menus, vegetarian menus and a gluten-free menu available.



STAY

Call: +960 664 4111
E-mail: reservations@niyama.com
Visit: niyama.com



Whilst riding around on your bike (the island's main form of transportation), don't forget to stop by chef's 'Spice Garden' to check out the locally-grown produce you'll see on menus across Niyama.

An unforgettable experience

A visit to Niyama Private Islands Maldives is everything and more – and once you're there, it's even better than imagined with its endless supply of all-white sand beaches, glistening waters and clear blue skies – not forgetting the creative, unique restaurant selection. It's a gourmand's dream.

Whatever direction your journey in the Maldives takes you down, I'm sure by the end of your adventure you'll agree that it's undoubtedly one of the most beautiful destinations in the world.

Natural beauty aside, the small island offers much more than meets the eye and more importantly, it is safe. It's a classy getaway destination where you'll not be hassled by street vendors or tour companies trying to sell day trips (in fact, there are no taxis on Niyama island, just golf buggies for chauffeuring you from A to B). It's all very carefree and is the type of place you truly feel sad to leave upon departure.

As your seaplane takes off and you soak up your last postcard view of the island, you're left with a profound sense of calm, amidst thoughts of gently splashing waves, softly swaying palms, mouthwatering food, and of course, unbeatable beauty. An escape to Niyama Private Islands Maldives awaits.

Special offer

Book your stay on niyama.com and enjoy 40% off the room rate, enjoy a free half-board upgrade and 60-minute massages for two at Drift Spa. Created especially for Middle East-based families and jet setting couples, this promo starts at AED 2,500++ per night and is available until September 30, 2018.

Experience a taste of Niyama at home

Maldivian chicken curry

11kg chicken thigh	leaves – cut into ½ inch pieces
4 tbsp cooking oil	3 cardamom seeds
1 cup onion – finely sliced	1 tsp chili powder
¼ cup curry leaves	2 tbsp chicken curry powder
1 tsp ginger – grated	2 tsp coriander powder
4 cloves garlic – pressed/ grated/very finely chopped	2 tsp cumin powder
1 Maldivian chili (githeyo mirus) – chopped	1 cup coconut cream/milk
3 pieces of Pandan (rampe/ raambaa)	1 cup water
	Salt to taste

- 1 Heat the oil, sauté the onions, garlic, ginger, curry leaves and pandan leaves.
- 2 Add the chili powder, coriander powder cumin powder, curry powder and ½ cup water and cook on low heat, stirring frequently.
- 3 When this curry paste starts bubbling, add the chicken pieces and toss until all chicken pieces are well coated.
- 4 Add salt, pepper cardamoms, thin coconut cream/milk and the remaining water and cook on low heat, stirring occasionally.
- 5 When the chicken is cooked, add the thick coconut cream/milk and simmer for about a minute.



Gaang Phed Ped Yang

Thai red curry with roasted duck

- | | |
|---|---|
| 1 1/3 cup coconut cream, reserve 2 tablespoons for garnish | 1 large eggplant, cut into 1/2 inch (1 cm) pieces |
| 2 1/4 cup coconut milk | 1 1/2 cup (5oz, 150g) fresh pineapple, cut into bite-sized pieces (1 inch x 1.5 inch) |
| 6 oz (200g) roast duck, thinly sliced | 6 small cherry tomatoes (4 oz, 100 grams) |
| 1.76 oz (50g) red curry paste | 10 seedless grapes (optional) |
| 3 tablespoons Thai fish sauce | 3/4 cup (1 oz, 30g) sweet basil leaves (reserve some for garnish) |
| 1 tablespoon (20g) palm sugar | |
| 3 kaffir lime leaves: 2 torn into pieces, discarding the stem and 1 finely shredded (for garnish) | |

1 Pour the coconut cream into a wok or sauce pan and simmer for 2 minutes, stirring constantly, until the coconut oil begins to separate out.

2 Add the curry paste, fish sauce, palm sugar and torn kaffir lime leaves. Simmer for 2 more minutes.

3 Add the duck and eggplant. Bring to a boil. Then add the coconut milk and simmer for 5 minutes.

4 Add the pineapple and cherry tomatoes and simmer for 2 minutes. Then add the grapes (if using) and sweet basil leaves. Turn off the heat and serve garnished with the remaining kaffir lime leaves, sweet basil and a few spoons of thick coconut milk.



Ostrich bobotie

- | | |
|---------------------------------|------------------------------|
| 11 slice white bread | 1 tbsp. turmeric |
| 50ml milk | 2 tbsp. diced apples |
| 2 onions chopped | 1 tsp dried mixed herbs |
| 2 tbsp. tomato chopped | 3 cloves |
| 5 grams garlic chopped | 5 allspice berries |
| 20 grams butter | 2 tbsp. chutney |
| 2 tbsp. vinegar | 3 tbsp. sultana, dry prunes, |
| 2 garlic cloves, crushed | 6 bay leaves |
| 100g lean minced ostrich | For the topping |
| 2 tbsp. cape Malay curry powder | 300ml full-cream milk |
| 5 grams black pepper | 2 large eggs |
| 5 grams salt | |

1 Preheat the oven to 180°C.

2 Heat the oil in a medium sauté pan. Stir in the onions and cook over a medium heat until transparent.

3 Add the Curry Powder and fry then add the ostrich mince.

4 Cook until lightly browned and crumbly.

5 Soak the slice of white bread in half the milk and carefully squeeze out the milk from the bread.

6 Mash the soggy bread with a fork then add it to the beef mince, Black Pepper, Turmeric, vinegar, chutney and the dried fruit.

7 Stir well to combine and allow to simmer for 5 minutes.



VOTE NOW!



The BBC Good Food Middle East Awards are back for the ninth year to celebrate the best in food from across the region, as voted for by you. With over 60 categories to vote in, featuring new awards for Oman, Bahrain, Kuwait and Saudi Arabia.

Vote now for who you think serves the best food around and you could be heading to the Seychelles!

For a chance to win a holiday for two at the DoubleTree by Hilton Seychelles – Allamanda Resort & Spa worth Dhs10,000, all you need to do is hit the ‘share’ button after you have cast your votes online!

**WIN A DREAM
HOLIDAY IN
THE SEYCHELLES
WORTH
DHS 10,000!**

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*** VOTING CLOSSES 8TH NOVEMBER 2018.**

The cake master

You know you're a baker if there are classic recipes pinned on your Pinterest page, a range of piping tips, different baking tins and spatulas, and of course, varieties of flour in the pantry. As a baker, there is nothing more important than a great set of tools and the perfect oven. Precision is key, flavour is priority and following instructions is of utmost importance. To elevate your baking experience in the kitchen, these are the recommended appliances for you:

An appliance for every personality

Whether you're a baker, a bachelor, a homemaker or a person who loves to entertain dinner guests, there's an appliance suited for all characters and requirements. We speak to our friends at Better Life to learn of the latest appliances on offer to suit your personality and needs.

The soloist

You're all about functionality, multipurpose usage, all in a bid to save space as well as reduce cook and prep time to match a busy schedule. The best kitchen aids would include a quality frying and milk pan, kitchen scales, measuring cups and spoons, and maybe a hot plate. In order to simplify your experience in the kitchen and make it enjoyable, these appliances are just for you:



**SMEG
STAND MIXER**

Dhs1,995

**SIEMENS FOOD
PROCESSOR**

Dhs419



**DE'LONGHI FU
AUTOMATIC
COFFEE MACH**

Dhs5,770



**SMEG 2-SLOT
TOASTER**

Dhs725



**PRINCESS ICE
CUBE MAKER**

Dhs734

The host

If you love entertaining and being host to lunches and brunches, your kitchen cupboards are typically filled with serving plates, platters, a variety of cutlery and utensils in different colours and designs. As a host, your kitchen is the main stage as it transforms into an area to socialise and feed. Fridges and freezers play an important role because who would want a party without ice? Stock pots, Dutch ovens, 4-6 stove cooking ranges ideal to cook multiple dishes in large quantities, make the perfect cooking companions. Making your dinner soiree an unforgettable night, try these appliances:



SIEMENS XXL FRIDGE

Dhs5,354

SMEG DISHWASHER

Dhs2,510



**BREVILLE
SMOOTHIE MAKER**

Dhs1,129

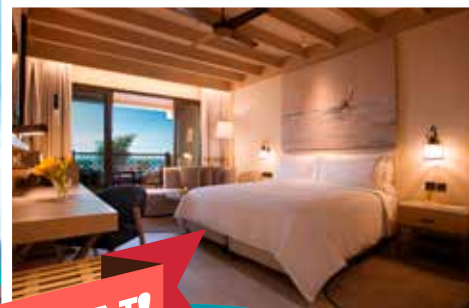


The homemaker

You are the quintessential multitasker. Your kitchen essentials typically evoke functionality, togetherness, and are mostly child-safe. While you take on characteristics of the baker, soloist and soiree starter, your kitchen appliances are truly all about you and your kitchen needs. Efficiency in the kitchen is the key whether it is about cooking or cleaning up. This is where appliances such as dicers, mixers and dishwashers come handy. Smoothie and juice makers with safe-tops encourage the use of healthy and safe ingredients ideal for juices, or even ice cream, that kids will love. Easing your experience in the kitchen, take these appliances for a spin:

Find appliance brand like Siemens Home Appliances, SMEG, Zanussi, Terim, Vestfrost and more, at homeware stores across the UAE, including Better Life.

Competition



WIN!

**A 2-night stay
for 2 at Saadiyat
Rotana Resort &
Villas!**

Win a two-night stay for two at Saadiyat Rotana Resort & Villas inclusive of breakfast and two dinners, worth Dhs13,000

Saadiyat Rotana Resort & Villas, a one-of-a-kind, five-star property with modern Arabic architecture and a regal presence, located in the UAE capital welcomes guests with effortless luxury. Nestled in the heart of Saadiyat Island, the resort presents leisure facilities, including a large outdoor swimming pool, two tennis courts, Zen the spa at Rotana with a private entrance, and a mini golf course. The prize includes a two-night stay for two people in a Deluxe Room with dinner at Si Ristorante Italiano & Bar and Hamilton's Gastropub.

Guests will have the opportunity to dine in two following dining outlets at the resort:

Si Ristorante Italiano & Bar welcomes guests to new, immersive and authentic Italian dining experience. Presenting the best of Italian cuisine in traditional bustling style, the venue offers delicacies made from fresh seasonal ingredients, prepared in open kitchens with a large modern pizza oven, and served amongst a relaxed, family-friendly ambience.

Hamilton's Gastropub offers authentic British and American cuisine in a lively atmosphere. Furnished in the style of a modern pub, the first gastropub concept on the island serves classics such as Fish & Chips, as well as original, creative, expertly poured mixed drinks.

The prize draw for a two-night stay for two at Saadiyat Rotana Resort & Villas will be made at the end of August 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A STREET FOOD DINING EXPERIENCE FOR FOUR AT ZAROOB RESTAURANT!

WORTH DHS500

Zaroob, literally translates to 'small alley'. It is a concept which was inspired by the traditional

street food vendors found around the Levant region. The live cooking stations, open kitchens and a variety of decoration from the Arab world so that diners can enjoy the sights, sounds and smells that are experienced when walking through a traditional street or market in Lebanon, Syria, Jordan, Palestine and Egypt. The menu appeals to a wide and varied clientele. The traditional dishes that we are offering have been taken from recipes handed down through families from one generation to the next. Oven-baked manou'she, an authentic wood fired flat bread that is served open or folded with various choices of fillings such as cheese, sumac, za'atar and meat, is not to be missed!



WIN!

A SILVER MEMBERSHIP AT SUPPERCLUBME!

WORTH DHS600

SupperClubMe is the UAE's go-to website to find the finest places to dine out in Dubai and Abu Dhabi with fantastic, exclusive savings. Guests buy the

membership and receive "Spoons", with which they pre-pay for gourmet meals at some of the best 5-star hotels.



WIN!

A DINING VOUCHER TO SPEND AT VILLA BEIRUT! WORTH DHS500

One lucky winner will receive a Dhs500 gift voucher to spend at Villa Beirut; an award-winning Lebanese restaurant and café in Jumeirah Dubai

and Marina Mall Abu Dhabi. Serving traditional age-old Lebanese recipes that have been passed down through generations.



WIN!

FRIDAY BRUNCH AT CASA DE TAPAS FOR TWO! WORTH OVER DHS500

Friday is brunch day in the UAE, and no one does it with more Spanish spirit and flair than Casa de Tapas. 'Brunch'

the Spanish way with an unmatched variety of tapas such as 'Patatas Bravas y Aioli' (fried potato cubes prepared with spicy Brava sauce and aioli sauce); 'Pulpo a Feira' (Atlantic octopus served over crushed potatoes and paprika); 'Alitas de Pollo Crujientes' (crispy chicken wings) and Paellas. Known for its party vibes, the brunch has amassed a loyal following comprised of both Spanish and expat communities.



WIN!

FRIDAY BRUNCH FOR TWO AT TRIBECA! WORTH DHS600

Tribeca is a New York-themed restaurant and bar. With a packed weekly calendar, it's one of JBR's hippest social hubs, dishing out organic food with a

side of funky tunes. Join the organic revolution at Tribeca's Friday brunches - the Big Apple Brunch (its day brunch) and Marky Mark and the Funky Brunch (its evening brunch). The Big Apple Brunch boasts a social vibe while Marky Mark and the Funky Brunch is a must-do for music lovers.



WIN!

A LUNCH VOUCHER TO SPEND AT SOBO! WORTH DHS500

Win a lunch voucher worth Dhs500 to spend at the rustic-chic, indoor restaurant SOBO at Courtyard by Marriott Dubai Green Community. The

perfect Dubai summer retreat, gets you access to delicious food and refreshing drinks within a cosy, casual ambience worth Dhs500 plus complimentary pool access the same day.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.


four ways with Ice cream sandwiches

Keep cool this summer with these simple-but-indulgent treats

recipes SOPHIE GODWIN

photographs EMMA BOYNS

Caramel & coffee

SERVES 2 **PREP** 5 mins plus at least a few hrs freezing **NO COOK EASY** 



1 tbsp chocolate-coated coffee beans, roughly chopped
2 scoops coffee ice cream, softened
4 caramel wafers

- 1 Mix the chocolate coffee beans into the softened ice cream until combined, then transfer to a small loaf tin and freeze for a few hours or until solid.
- 2 Use cookie cutters to cut the ice cream to the same size as the waffles, then sandwich between two waffles.

PER SANDWICH 520 kcals • fat 30g • saturates 18g • carbs 55g • sugars 47g • fibre 1g • protein 6g • salt 0.5g



Rum 'n' raisin

SERVES 2 **PREP** 5 mins plus a few hrs freezing **COOK** 5 mins **EASY**  

2 tbsp raisins
30ml dark rum
2 scoops vanilla ice cream, softened
4 oat and raisin cookies


- 1 In a small saucepan, warm the raisins in the rum for a few mins. Set aside to cool for 15 mins, then mix with the ice cream. Freeze for a few hours, or until solid.
- 2 Divide the ice cream between 2 cookies, then top with the other cookies.

GOOD TO KNOW 1 of 5-a-day

PER SANDWICH 579 kcals • fat 19g • saturates 8g • carbs 86g • sugars 64g • fibre 2g • protein 6g • salt 0.5g



Choc hazelnut

SERVES 2 **PREP** 5 mins **NO COOK EASY** 


2 scoops chocolate & salted caramel ice cream, softened
4 double chocolate cookies
2 handfuls hazelnuts, roasted and chopped

- 1 Put a scoop of ice cream on 2 cookies, then top with 2 more cookies and squish down a bit so the ice cream reaches the edges.
- 2 Put the hazelnuts on a plate. Roll the sides of each ice cream sandwich through the nuts, like a wheel, to create a nutty edge, then either pop in the freezer if you want to serve them later, or devour immediately.

PER SANDWICH 505 kcals • fat 28g • saturates 12g • carbs 53g • sugars 38g • fibre 3g • protein 8g • salt 0.6g



Strawberry shortbread

SERVES 4 **PREP** 5 mins plus a few hrs freezing **NO COOK EASY** 

4 scoops strawberry cheesecake ice cream, softened
a few fresh strawberries, finely chopped
8 Viennese whirls (or shortbread biscuits)

- 1 Mix the ice cream with the strawberries and freeze until solid.
- 2 Sandwich spoonfuls of the ice cream between the biscuits, then eat immediately.

PER SANDWICH 546 kcals • fat 31g • saturates 20g • carbs 58g • sugars 36g • fibre 3g • protein 6g • salt 0.6g





Guilt-Free & Healthy
Take Away
MENU IS HERE!

Enjoy a range of healthy burgers, wraps, sandwiches, pasta's, risotto and pizza's, which are free from gluten and refined sugar!

Order straight from the comfort of your home or office with our online delivery partners and get your food delivered straight to your doorsteps!



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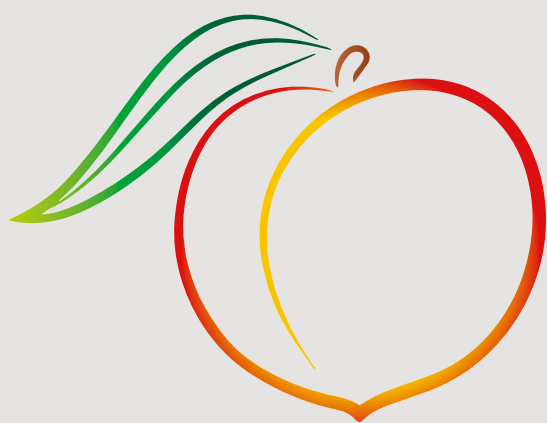


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IT'S FROM
EUROPE



Peach Garden

fresh and natural

Enjoy European Peach!

As an exclusively summer, cool, juicy, and full of flavor fruit, the peach is considered as the fruit of purity and immortality, according to some Eastern traditions.

The peach is ideal for those watching their diet, since it is low in calories, and high in vitamins.

Food safety is a top priority for Europe.

→ The Peach Growers Associations that take part in the implementation of this program perform tests in privately-owned laboratories, to ensure thus the safety and quality of the products sold to consumers in the international market.

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